

SEVEN DAYS

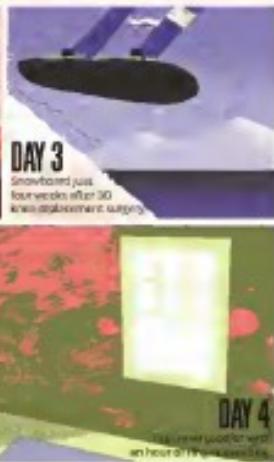
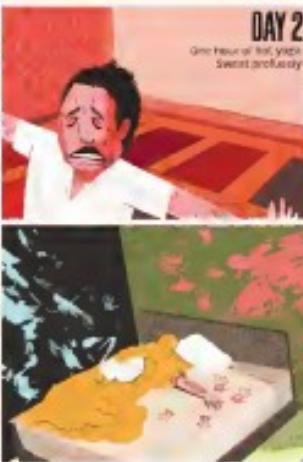
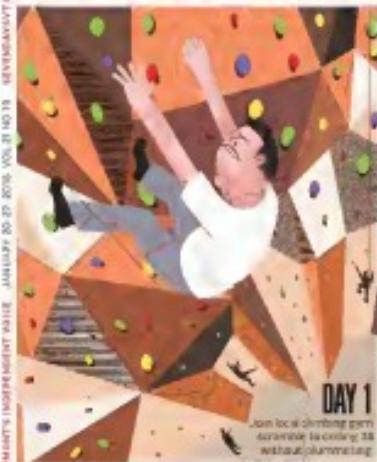
20
YEARS

HITTING
THE POTHOLE

A swimming spot's future
PAGE 36

Wellness Issue Challenge

SEVEN DAYS SPOTLIGHT



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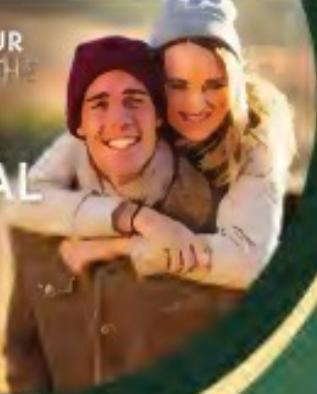
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THE LAST

SEVEN DAYS

COURTESY OF MELINDA REED & ANDREW SUMNER

WEEK IN REVIEW

JANUARY 12-19, 2014



Sen. Bernie Sanders (I-Vt.) has been sounding a bit like Hilary Clinton lately over pure, pure Wall Street. And he's done so in a spate of economic presidential debate, Hillary-style, in Charlotte, N.C., Sanders turned into more or less the most decent debate debater yet, political icon Paul Krugman reported on his blog.

Most News media outlets had him as the conservatives' weak offer on the table, Wall Street, and Sanders were in. And when the first debate in Charlotte, featuring a host and a panel taking a edge at the press, Sanders' "I don't care personal speaking from Goldman Sachs," "The only educated decision was to stick to the truth" and "I'm not going to back up the big banks."

Clinton didn't back away talking with Sanders — again. She said, "The night prior to the debate, a Sanders spokesman said that his candidate had withdrawn his support for protecting gun makers and dealers from lawsuits. I am pleased to hear that Sen. Sanders has retracted his position on immunity," Clinton said. "And I look forward to hearing with these members of congress who have already introduced legislation."

On Saturday, Sanders' latest legislative proposal, a single-page program will substantially lower the cost of health care for middle-class families. His congressional office said on Friday, page health care plan just has used a half hours before the debate — and the campaign went lost on Twitter.

"I have to say, I'm not sure whether we're talking about the plan you just introduced tonight or we're talking about the plan you introduced in the [the] campaign," Clinton said.

Medicare Andrae Michel added that uninsured health care still is an important issue state. She said, "You can't do it in 10 months, how can you sell it to the country?"

Sanders replied one should "let the governor of the state of Vermont" be its answer. That question, Tim had the power, Sanders said, "let the senator from the state of Vermont."

To his credit, Sanders did just that on Monday, Jan. 13. And to do more about Sanders in Henry Fair's come column on page 12.

facing facts



ALL WHITE

Vermont's new, all-white state budget, delivered to the state by the Office of the Governor, has been sent to the Senate. At least no one is with the moon,



POWER PLAY

Justin Diamond and Madison Gibbs, a congressional duo in an unusual transference last week, state. Shakespearian. "The little guy gets picked."



IRAN PLAN

Barack Obama, Hassan Rouhani, the Iranian president, have been to Vietnam, but if it's just like the free Americans he country released over the weekend, What a deal.



DEBTLESS DOWNTOWN
Debtless downtown
Gardens (Gardens.com)
has been to Vietnam, but if it's just like the free Americans he country released over the weekend, What a deal.

ARMED FOR VICTORY "Sharing made easy" (Sharingmadeeasy.com) offers a range of items for the home and office, including a Burlington

\$154 million

That's how much the U.S. Environmental Protection Agency estimates cleaning up Vermont's water and operating a wastewater system will cost over the next

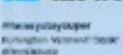


TOP FIVE

MEET PEOPLE IN THE COMMUNITY

- 1 **"Buddha's Gold Recipe Is Now Shattered Locket"** by Melissa Klemm: An off-beat recipe has returned to the days of the Buddha.
- 2 **"Seniors' Silver National Press Is the Perfect Investment"** by Paul H. Klemm: The author says the book is the perfect gift for a senior citizen.
- 3 **"Armen Extraordinaire Wins a Big Injury After a Car Crash"** by Karen Reed: A Worcester man injured his knee after unexpected opportunity for the Worcester resident after a car accident.
- 4 **"Busted in Vermont" "Sharing made easy"** (Sharingmadeeasy.com) offers a range of items for the home and office, including a Burlington
- 5 **"OPP Opposes Canine Care"** by Paul H. Klemm: Two downtown Vermont residents are leading an advocacy task at Canine Care, a canine medical management at Burlington College.

tweet of the week:



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time for each of us to talk our representatives in other states show that Vermont is a beacon of hope — and gets

Dan Gitterman
BURLINGTON

NO ONE WANTS IT!

Term Hafnerbeck implies that only landowners and environmental activists agree it's crucial to continue unnecessary pipeline expansion [OPINION "Vermont Gas Pipeline Wins Public Service Board OK," January 8]. The Vermont Public Service Board received thousands of public comments on Vermont Gas' application. Ninety-five percent were negative. Last year, International Paper, for whom the pipe was upgraded at significant cost to consumers, backed off its new price, the project no longer making sense. Last summer, 500 Vermonter wrote to the Public Service Department saying they couldn't afford higher heating bills to pay for new pipelines. On December 17, 2015, 180 prominent Vermonter from business, faith, farm and academic circles wrote Gov. Peter Shumlin saying nuclear and climate decisions led to one conclusion: Construction must stop now. By January 8, 2016, 1,250 more leaders, taxpayers and average Vermonter had signed.

Expect rate shock when temporary drops in fuel prices and an unusually warm 2015-16 give way to 30-plus years of sustained rate increases — "hypothetically" 1% per year, according to VG — for expansion to Middlebury. Far contrarian to Hafnerbeck, customers will see 1 percent added to rates and one to two more years of payments for every \$10 billion VG agenda. Some might reasonably see rate reductions, but many of the 17 percent who are over 65 will never see rates come down again. They'll only catch the pipeline's damage to Vermont's farmland, natural resources and climate.

And before the holidays, the usher at a Williston funeral said me whether I lived in the area. I told her I was back home helping my man deal with Vermont Gas. Her response: "Oh. The pipeline. Everyone's fighting that around here. No one wants it."

Melissa Deyser
MONTEVERDE

COOL CARTOON

Thanks for adding Rachel Lenday to your comic strip. As someone who appreciates comics comes about the everyday lives of my neighbors, I've felt a void since James Kochalka stopped publishing "American

Elle." "Rachel Lives Here Now" helps fill that void.

Tony Spero
BURLINGTON

POT PURCHASE

In "Farm proposal: Green Team Sees Sights on Marijuana" [April 16, 2015] citizens will keep calls for marijuana commerce to be "Vermont-like. Organically produced, small-scale, high-quality characteristic of businesses together but don't dominate any one business."

One way to keep marijuana businesses small is canopy limits — laws saying how many square feet of enterprises anyone can cultivate. California's well-failed 2008 adult-use initiative, expected to pass in November, sets the canopy limit at 5,000 square feet — one acre — per citizen. Canopy limits — results-spreading sprees — were part of Franklin D. Roosevelt's New Deal in aid of fishing farmers.

Another way is to tax big grows or farms more than small farms. This also comes from growers in Humboldt County, Calif.: Per-square-foot canopy taxes could be higher on big farms than on little ones. Otherwise, large farms' economies of scale could put small farms out of business. Canopy taxes could level marijuana growth in natural sunlight over bothhouse plants that use electricity.

Another tool to keep small is state-offered medical status, maybe like Vermont's liquor model. Those states need keep marijuana advertising and marketing sensible to the public — and act press friendly enough to detect the massive black market, and then to provide revenue for the state.

Patrick O'Riley
CHAPPEL HILL, NC

O'Riley founded the nonprofit Center for New Marijuana and is one of the authors of the RAND report on marijuana for Vermont

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Health Care Reform: What's it All About?



Hosted by the Residence at Shelburne Bay on Monday, January 25 from 3:00 to 4:00pm in the West Building's Great Room. Featuring Dr. Betty Rambur, Ph.D., RN and Professor of Health Policy and Nursing at the University of Vermont

Join Betty Rambur for a lively discussion on the forces driving health reform and changes at both the state and federal level. Topics include Medicare's transition to a value based system and what population-based care means to you and your family.

RSVP appreciated to Cathy Stroutsos,
Director of Sales and Marketing
at 802-923-2513 or
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JACKIE GREENE



Saturday, February 20th
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(Rick Redington & The Luv)

General Admission: \$40

VIP: \$75

VIP includes: Meet and greet with the band. Private pre & post show room with limited seating.

DRIVE BY TRUCKERS



Friday, March 11th
Doors: 7PM / Show: 8PM

General Admission: \$45
VIP Admission: \$100

VIP includes: private room with appetizers, 2 free drinks, preferred seating, and meet & greet with the band.

JAY FARRAR PERFORMS SON VOLT'S "TRACE" ALBUM



Saturday, March 26th
Doors: 7 PM / Show: 9PM

General Admission: \$30
VIP Admission: \$60

VIP includes: private room with appetizers, 2 free drinks and preferred seating.

Ticket & lodging packages available at **(800) 451-4444**
for more information jaypeakresort.com/Music

Abby Knapp, Shelburne

Co-Founder, Burlington Forest Preschool

Superhero power: Inspiring curiosity about the world. Life can be so exciting when you don't know all the answers!

Good deed done: Realizing her dream of opening the Burlington Forest Preschool in collaboration with the Ethan Allen Homestead. Located on 250 acres of wilderness, the school fosters an environmental ethic and love of the natural world while providing early care and learning opportunities for Vermont kids.

Abby says: "The natural world is the perfect learning space. Children can explore themselves, take risks and be physical while exploring the wetlands, woods and gardens of our 250-acre outdoor classroom."



Cheryl Matthews, Vermont

**Children's House Director,
Hilltop Montessori School**

Superhero power: Putting herself in the middle of young learners. No matter where she goes, she imagines how a young mind might view the experience!

Good deed done: Encouraging humility, teamwork and independence in each of her students while helping them feel loved and proud of their accomplishments.

Cheryl says: "I found my calling 30 years ago and have never wanted to leave. Every child is different, so there has never been a dull moment!"



Christina Nielsen, North Troy

**Director, Mountain View
Child Care**

Superhero power: Seeing potential in others that they haven't yet seen themselves—and helping them realize it.

Good deed done: Going above and beyond to ensure that children and families have the services they need—whether it's health transportation or other wrap-around care.

Christina says: "We need to build a culture in our state and communities that recognizes each child as a critical investment in our future. Children should be our top priority!"

Let's Grow Kids is a non-

profit organization dedicated to
strengthening early childhood
and family development through
the power of the early years.

Know a superhero? Visit letsgrowkids.org and nominate a superhero from your community, and let's make sure they're given credit!

letsgrowkids.org

the MAGNIFICENT 7

MUST SEE, MUST DO THIS WEEK

COMPILED BY KRISTEN RAVIN

7

SUNDAY 24 HYPNOTIZING HARMONIES

The Akustik Dzavchir Ensemble from the republic of Tuva, situated in southern Siberia, traveled after the body of singer Oleg Novitsky (the musical director) received the traditional style of throat singing since 2006, projecting multiple pitches at once. *Body Contact*, Cecilia, Ayreon, and Sama, and Ayreon Shreditor, among others, will perform with them. *Acoustic Acrobatics*, woven with subtle World-influences.

SEE CALENDAR LISTING ON PAGE 10



WEDNESDAY 20-WEDNESDAY 27 Gnarly Party

The 43rd annual *Skaneateles Carnival* is a mid-winter merrymaking for the whole family. Themes will switch every three hours for more than 200 activities, ranging from ice-carving competitions to firewalking. Any donations to the local Colds Care will be given to the Fire & Ice Ball for skiers and snowbirds.

SEE CALENDAR LISTING ON PAGE 10

3

WEDNESDAY 27

Family Reunion

Western Stage's production of *Moscow* with another expansion of the complexities of family. *Reunions* (Maurice Chevalier's *Reunions* and *Bonnie*) examine what can happen to a seemingly perfect clan when the past makes an unexpected appearance in the present. The Longfellow repertory stage opens this weekend at the Playhouse.

SEE CALENDAR LISTING ON PAGE 10

4

SATURDAY 23

Eat Up

The Eastern Mountain State Fair is the last stop where it comes to town, back-to-back with the Capital City Flea Farmers Market and the Burlington Winter Farmers Market, offering a variety of fresh produce, handmade preserves, baked goods, clothing, crafts, live music, and more. It's a great opportunity to stock up on ingredients.

SEE CALENDAR LISTING ON PAGE 10

5

SATURDAY 23

Serious Cinema

Master craftsman turned last year's Oscar® for producing *Fight Club* return to the festival to introduce the Film Foundation's *Impact Series* with *Midway*. College, others, a former student at *The Look of Silence*. Listed as one of the best of the year, this 2014 documentary follows survivors of the Indonesian genocide, serving victims plenty of food for thought.

SEE CALENDAR LISTING ON PAGE 10

6

SUNDAY 24

Acoustic Twosome

Building a major hit every 1000-plus miles on their *Play*! *Breaker* are no strangers to big crowds and loud acoustic. Now platinum selling singer and guitar maestro Donald Lowry and acoustic violinist bring to some up-to-speed tunes set featuring punk and country. *Impressions* from their 2014 double album *Play* to *Breaker*.

SEE INTERVIEW ON PAGE 6

7

ONGOING Black Forest

When coal mining legend Joseph Listerine coined "Dust Busters," we've come a long, long way. *Black Forest* dug deep into the mines of the Adirondack range and the Catskill Mountains. *Cold Comfort* is the 100 series of 100 days of original woodcarvings in the Barnes home. *Velvet Buttons* with among the trees is left to the viewer's imagination.

SEE REVIEW ON PAGE 76



Nasal Strip Technology for Toenail Pain Relief

Our feet often carry us miles a day, and every step can hurt if you suffer from an ingrown, or excessively curved toenail. There is relief that doesn't include an expensive trip to the podiatrist for removal of the problem nail.

It's called the E-S-Trace, a thin strip of plastic and fiberglass which when adhered to the nail gently and continuously lifts the ingrown area from the nail bed. The effect is instant relief! The terrace of the brace lasts several weeks, so as the nail grows out, it is flatter and straighter, resulting in gradual and permanent correction of the nail curvature.

Application is quick and the brace is clear and inconspicuous. It is available for men and women, and braces can have patches applied over the brace if desired. A thorough pedicure prior to application is usually required and the total number of brace applications over time depends upon the severity of the nail curvature.

This service is available at Mini Spa VT in downtown Burlington. Give us a call for more information!

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Political Revolution

Standing before an ailing crowd of Vermonters last May on the shores of Lake Champlain, Sen. **BERNIE SANDERS** (I-VT) made a now-few thought he could keep.

"We're going to build a movement of millions of Americans who are prepared to stand up and fight back," he pledged, as a warm sun hovered over the Adirondacks.

Eight months later, Sanders seems on the verge of delivering the "political revolution" he promised in his presidential campaign kickoff.

After catching up to rival **HILLARY CLINTON** in Iowa, Sanders now leads her in New Hampshire by a margin of 40 to 35 percent, according to a poll released Tuesday by CNN and WMUR-TV. He trailed in his strongest delegate performance to date Sunday night in Charleston, SC. And, in perhaps the clearest validation of his growing momentum, he is surging in polling Clinton's campaign, which has rested with a mix of low endager and surprise reminiscent of her early losses to **MARCO RUBIO** in 2008.

Speaking last Thursday at Dordtsworth College in Hanover, NH, Sanders reflected on how much had changed since his announcement:

"We were running against a candidate who was driven by the anti-tax and the establishment as the invincible — even-though — nominee of the Democratic Party," he told a capacity crowd at the college's Bissell Auditorium. "Well, a lot has changed! It turned out that what was considered to be inevitable may not be quite so inevitable."

Half an hour earlier, Sanders' motley crew of senior aides — campaign manager **JEFF HARPER**, consultant **TERESA DEVERE** and **MARY LORRAINE BROWN**, chief of staff **MICHAEL CROWELL**, and spokesman **MICHAEL MORAN** — lagged upstairs, outside a faculty lounge where their candidate had just finished a press briefing. Devere mused about the Clinton campaign's reaction to Sanders' tough new television ad implying that the former secretary of state was beholden to Wall Street.

"It seems like every day they want to have a conference call to attack us," the veteran strategist said. "I think they're deeply concerned about what's happening in New Hampshire and elsewhere."

They should.

Sure, the early states are littered with Clinton's high-profile endorsements and high-profile surrogates — not to mention the lower-profile ones, such as Vermont Gov. **PETER SHIMMEL**, who stamped for her last week in June. Clinton continues to dominate traditional campaign metrics,

such as congressional and institutional endorsements. On Tuesday, she added the LGBT group Human Rights Campaign to her long list of supporters.

But Clinton is suffering from a political endurance gap. A recent Quinnipiac University poll showed that while the two candidates are statistically tied in Iowa, nearly twice as many Sanders fans say they were excited to take part in the February 3 caucuses as did Clinton backers.

Sanders' backers enjoyed far more enthusiastic support than Clinton does, says University of New Hampshire Survey Center director **ANDREW SANDE**, who conducted the CNN-WMUR poll. "He's winning the battle of ideas within the party and within the primary electorate, so far I think the Clinton campaign has to be nervous and concerned about that."

SANDERS NOW LEADS CLINTON 60 TO 33 PERCENT IN NEW HAMPSHIRE

Nowhere was this dynamic more evident than in Sunday's debate, the fourth and final engagement between Sanders, Clinton and former Maryland governor **MARY BROWN**. While voting began, Sanders kept the focus on Clinton's Wall Street ties and turned her attacks on his single-payer health care plan to his own advantage, calling it "a Republican criticism."

After largely ignoring Sanders at last month's New Hampshire debate, Clinton changed tack Sunday and focused her ire of disloyalty to Obama.

"Sen. Sanders called me 'Weak,' 'disgusting,'" she said with righteous indignation. "He even, in 2001, publicly sought someone to run as a primary against President Obama." She urged to reiterate that she was the only one on the stage who had actually run against the mogul.

Clinton's come-up-circumstance made sense, particularly in a debate half-filled with South Carolina Democrats who remain loyal to the man they chose over her in 2008. But as New York Times columnist **CHARLES MANN** pointed out right, Hillary Clinton is essentially knowledgeable, but she's in effect calling for continuity at a time when lots of people want discontinuity.

Indeed, says veteran Iowa observer **DAVE TEPFER**, "It's pretty clear that activists at both ends of the political spectrum are angry and are looking for a candidate to champion."

You might say they're looking for a political revolution.

Voters spent 34 years covering nine presidential caucuses for the *Des Moines Register* — and even the experts are surprised by the play fewer than two weeks before Iowans pick their candidate.

"I don't know anybody in America who had predicted this scenario of Bernie Sanders and **ROBOTT WEAVER** having credible chances of winning the Iowa caucuses," he says, referring to the front-running Republican real estate mogul.

After a disappointing third-place finish in Iowa in 2008, Team Clinton is leaving little to chance. Clinton's announced source, the *Times* reported Tuesday that "at least 90 percent of the campaign's resources are now split between Iowa and [Clinton's Brooklyn] Brooklynites."

The campaign clearly recognizes that its American's unique and prolonged presidential primary system, which extends from February through June, creates built-on success and failure builds on failure.

Sanders, it seems, is prepared for the long haul. His campaign has deployed staffers in each of the 12 states that the Vermont senator, March 1, and Beyond, the senior strategist, says he expects the flow of small dollar contributions to sustain the campaign for longer than those of previous insurgents.

Though pundits continue to write Sanders off as appealing only to northern, white liberals, Sanders hasn't been shy about competing outside his comfort zone. He visited the Super Tuesday state of Alabama on Monday and managed to fill El's Birmingham arena with \$200 supporters — not including the 1,000 who watched the rally on a screen outside.

"There must be a monster," Sanders told his audience. "Household told me Alabama is a conservative state."

Of course, it's foolish to speculate about Sanders' chances in a place like Alabama when the earliest-voting states remain so unsettled.

If he loses in Iowa and New Hampshire, I think it's pretty much over," says Smith, the UNH politico and professor. "If he wins those two states, I think he very well could be the poster."

Much may depend on the organizational prowess of the Sanders campaign, which must convert those enthusiastic supporters into 600 individual caucuses and ensure they understand how to nominate a candidate selection process. According to that same Quinnipiac poll, 64 percent of Sanders supporters said they had never attended a caucus before, while only 26 percent of Clinton voters said the same.

"Will they show up at a concert or a cold night and go to a neighborhood meeting and spend a couple hours? That's the big question," Yipman says. "I think they will."

Win or lose, Sanders has already succeeded at two things. He has established himself as the preeminent voice of the progressive movement, surpassing even Sen. ELIZABETH WARREN (D-Mass.).

And, far more importantly, he has ignited a massive policy debate over the issues he raised about income inequality, campaign finance reform, fossil-fuel climate change and universal health care, in what just a few weeks in September 2014 — well before he joined the race — Sanders believed that capturing such a debate might be reason enough to run.

"Obviously, if I get into it, I would win," he told Seven Days at the time. "Not your point in, 'Can you win even if you don't win?' and the answer is 'yes.' You know, if you're educating tens of millions of Americans, if you're electing delegates — you know, if I close to run as a Democrat — are you naming political consequences at the time? Political consciousness in America is very low. So the answer is, That is an interesting point."

Patt Down

For two years, the Vermont Senate remained mired in conflicts of interest, with a Senate ethics panel empowered to investigate complaints against sitting senators. But after the suspension two weeks ago of Sen. ROB MCHEALITY (D-Bennington), the alleged sex crimes, Senate leaders reversed course.

At a meeting of the five-member Rules Committee last Thursday, Senate Secretary ANNE HUMPHREY presented a trio-of-proposals that would, in addition to creating such a panel, require senators to publicly identify their employers and the boards on which they serve.

One problem: The employment disclosure measure is based on one adopted by the House in May 2014 — and it's muddled with loopholes.

As Seven Days reported last year, the House measure was intended to increase transparency by highlighting potential conflicts of interest, but the paper disclosure forms filled out by members were never digitized and are available only in the Senate ethics office.

The Senate's much-needed fix shed much light. Thirty-nine of 150 House members identified themselves as "self-employed." Few of those elaborated on what they actually do for a living, or whether they derive income from entities with business before the state.

Can in point up ANNA PATT (D-Waterloo). The retired Washington Electric Co-op general manager resigned last January after he served on three

boards without pay, including Vermont Businesses for Social Responsibility, and worked as a "self-employed consultant."

But did not volunteer the identities of his clients, nor was he asked to do so?

Four months after he submitted the forms, he was hired as interim executive director of VIBR, which he quickly avoided as the "legislative practice" and employs a Statehouse lobbyist, Pat, who left the job in October, and he "made clear to everybody" at the organization that he could not get involved in its public advocacy.

"I think, in a *citizen* legislature, it's OK. Because pretty much anybody may be working at a job that at some point or another may be directly impacted by the work the legislature does," he says. "The bigger thing is disclosure."

But Pat never officially disclosed his new gig. That's not his fault. House members are required to fill out the form only once every two years.

"If we were asked to do one annually, that would certainly be on it," he says.

Pat says he recognizes the system's failings and would support additional disclosure measures.

"We need to find the right balance for a *citizen* legislature that encourages people to participate but at the same time less at least when their interests are and how they make a living," he says.

Well, not so the Senate Rules Committee, which meets again Wednesday, can find that balance.

Media Notes

After 38 years at Vermont PBS, senior executive producer JOE MERRILL plans to retire in April, he announced last week via social media.

A behind-the-scenes player, Merrill is best known as media critic for his role producing "Vermont This Week," the Friday news roundtable featuring visiting reporters. He has worked for the program since hosting an debut episode in 1982.

Joe Merrill has been a part of Vermont PBS as long as the *TV* host, switching Vermont PBS' app **BESTMATERIALS** "Cousin, or Vermont This Week."

The circumstances surrounding Merrill's departure aren't entirely clear. "It was a bit of a surprise," LaFerriere says. Merrill declined an interview request but Vermont PBS CEO HEATHER GRIESCHNER and Merrill's retirement was his personal decision.

"We're working collegially together on how to transition," she said.

Grieschner said it was too soon to say whether "Vermont This Week" would make any changes to its format. Q

Duchesne: Paul Huntz is an occasional *panel guest* on "Vermont This Week."

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Will They or Won't They? Decision Nears on Legalizing Marijuana

BY TERRI HALLENBECK

Bill Lady wrote before the Senate Judiciary Committee in Montpelier last Wednesday to make a case for why it's a good idea to tax and regulate — rather than prohibit — recreational marijuana.

"But you can't do both," Lady said. Sen. Dianne Feinstein (D-California) asked him jokingly.

Lady did. He served as Gov. Peter Shumlin's chief of staff. His voice is a lobby at the Vermont Cannabis Collaborative, a group of Vermont entrepreneurs pushing the state to legalize marijuana this year.

There are definitely some heavy hitters on the pro-pot side of the debate. Lady wrote it. So does the old boss, Shumlin, who called for passage in his State of the State address. The bill itself is currently at the chairman of a committee chaired by one of Shumlin's closest friends in the legislature — Sen. Steve Stern.

Stern and Shumlin served together in the Senate for 14 years. They've buddied up at Red Sox games, and Stern, who campaigned for Shumlin, is a powerful figure in that argument.

So marijuana legislation is a show-on, right?

Not so fast. Powerful forces are at work on both sides.

Stern conceded that he and Shumlin have helped each other on many issues, but Stern noted he has not always marched in lockstep with the governor, notably voting against and/or the power choices in 2013 and last year's school consolidations bill.

"I'm not exactly a puppet," said Stern, who's been in the Senate 24 years. The 72-year-old shovellevered that he hasn't smoked marijuana since he was elected to the Burlington School Board in 1987. "I didn't want that headache in the Burlington Bazaar," he said.

When Shumlin summoned Stern an adviser of the State of the State to talk about marijuana, the senior senator said he presumed only that his constituents would consider it. Stern said he sees no reason to legalize marijuana unless it will put a big dent in the drug's black market. Can it? That's what Stern and last week,



Sen. Arlene Vido (left) speaking with David Bavel, writer and Daniel Romano, medical marijuana activist, at the Vermont Marijuana Conference.



Sen. Steve Stern listens during an emergency Senate public hearing on marijuana.

of the potential health effects. Doctors, school counselors and the Vermont League of Cities and Towns are urging legislators to proceed only if they can determine that it will put a big dent in the drug's black market. Can it? That's what Stern and last week,

Stoneman House counterpart, Rep. Maxine Gral (D-Montgomery), will be a tough sell. "I am not clear about why we are doing this," Gral said of legalization. "I have a lot of questions."

She's not alone.

Stern's town police chief told legislators last week that Vermont is not ready to legalize marijuana. A new Department of Health study points a bleak picture

of the state health commissioner — join in the argument that prohibition has failed and that taxing and regulating marijuana will provide more money to treat existing drug addiction. Atoms of Vermont business people, with Lady as their lobbyist, are highlighting opportunities for the state to be at the forefront of marijuana research.

Vermont Cannabis Collaborative and the Marijuana Policy Project will both be making online ads urging Vermonters to tell their legislators to support their legislation in support.

"Under current prohibition laws, marijuana isn't controlled, so consumers don't know what they are getting. It is sold by criminals who don't ask for proof of age," states a Marijuana Policy Project release featuring former state attorney general Kim Chancy.

Which side will prevail? Around the statehouse, versions of some of the state's thorniest issues pre-legislation about a \$0-\$10 cluster. Whatever happens, it will unfold quickly. Some has set a January 29 deadline for a vote on the bill.

If Stern ends up saying "no" to whatever bill emerges from his five-member

committee, it's likely dead. His disappearance would be a sign to other legislators that the bill's not ready.

Another way it could die is if the bill gets locked to the largely conservative Senate Transportation Committee under Sen. Dick Moore (D-Greene, left).

Moore was elected to Vermont's top job with the help of campaign contributions from the Marijuana Policy Project and the National Organization for the Reform of Marijuana Laws. When he retires next year, the governor might go at the top for them or let them try to make Vermont the first state to legalize marijuana by legislature alone. California, Washington, Oregon and Alaska have done so by public vote. Another law, including Massachusetts and Maine, are expected to vote in November on public referendums to legalize the drug.

Shumlin has already proven his ability to work across and even unite on some fairly disparate issues: same-sex marriage and the Vermont Yankee nuclear power plant shutdown. He'd need that same kind of muscle to make legislation pass, and House Speaker Dina Titus (D-Montgomery). "This bill is not going to pass until the governor gets it and passes it to get it done, and even then it might not," said Shumlin, who agrees with Stern on legalization but and many are resistant. "He can't be unrealistic."

Shumlin and Friday that his staff is working with Stern's committee to come up with "the right fit." Once they're settled on the details, he said he expects that a majority of legislators will support "We can't expect legislators to say this idea is better," unless they know what people talking about," he said, acknowledging that support for legislation will depend on the actual language in the bill.

Shumlin has lined up tenets for successful legislation. Regulation must wipe out the black market; marijuana must be kept away from kids; revenue must be used to expand drug-prevention programs; enforcement of drug driving must be strengthened; and campaign coffers are a no-go because they make it too easy to overrule.

Aided by Seven Days' help in writing these goals, Shumlin set a number of bars — all of which seem easy to clear. Not looking for hard proof that the black market will be quashed, instead, he reasoned, if the tax on marijuana is low enough to keep the price of legal marijuana below dealer prices, "That's going to drive the black market out."



And Renshaw isn't insisting on a roadside drug testing similar to that for drunk driving. Such a test is not yet widely available. He is instead looking for more police to be trained as drug-recognition experts. There are now 36 such officers statewide.

Renshaw, who last year described himself as personally having "seen there, done this," an marijuana use, said his support of legalization doesn't mean he endorses consumption.

"I don't think Vermonters should be smoking pot. I don't think Vermonters should be drinking alcohol in excess. I certainly don't think Vermonters should be smoking tobacco," he said. "But we're dealing in a world where Vermonters are smoking more pot than [people] in other states."

The governor has the support of his health commissioner, Dr. Harry Chen. "It does not necessarily mean that we have a great system of regulation now, amazing regulation," Chen said. "It kind of makes sense, what he's trying to do."

THIS BILL IS NOT GOING TO PASS UNLESS THE GOVERNOR IS 100 PERCENT ADVOCATING TO GET IT DONE AND, EVEN THEN, IT MIGHT NOT. HE CAN'T BE AMBIVALENT AT ALL.

SHAP SMITH, HOUSE SPEAKER

Chen's support comes despite a health-department memo his department released last week that indicates marijuana would be detrimental to the health of users. The report lists 22 health indicators and concludes that marijuana can cause various conditions in 16 of them, including depression, anxiety and heart problems. The report also says that the academic performance of young people suffers as a result of marijuana use.

Likewise, Chen drew an analogy to express his non-endorsing marijuana, but his job is to warn of the dangers while dealing with the reality, he said.

If the state legalizes marijuana, the health department report recommends banning edibles and establishing a blood-alcohol limit for THC — the principal psychoactive ingredient in marijuana. But there is no widespread agreement on what that number should be.

POLITICS

Stearns' committee has been quizzing witnesses on these issues — and, this week, is traveling the state to hold free public hearings. By Friday, Stearns plans to cut off testimony and start writing a bill. Although the banking and tax issues will still go to the Senate Finance Committee, Stearns will set the basic framework for how legislation would work, who can grow it and how much, where it can be sold and by whom, and how the state would monitor it.

Such legislation is complicated by the fact that marijuana is illegal under federal law.

Usually, as the laws name up, Stearns looks favorable and likes it. Despite that, he acknowledged, he loves being in the middle of the lifecycle. "It's a challenge," he said with a smile. And his committee has investigated plenty of complex and divisive issues, such as end-of-life patient choice, genetically modified foods, child protection and gun control.

Member senator Jeannette White (D-Woodstock) and Rep. Jimmings (D-Caledonia) have proposed allowing 100 square-foot marijuana plots per person; one, these strike Stears as too big. Stears also wants to include a relatively clear, easy way for Vermont municipalities to vote whether to allow dispensaries to sell within their limits.

When Bennington Police Chief Paul Donato argued that the state isn't ready for legalization, Stearns was noting Bennington County has no drug-recognition experts. Donato told the committee Stears and he think each county should have at least three.

A decade and a half ago, as the legislature was considering civil unions, the precursor to same-sex marriage, Stears said his son turned him when he heard of a public hearing in Bennington. "I realized it had support with my constituents."

He was all over again on Monday at a public hearing about marijuana in Bennington. But Stears said he didn't find the same clarity. "I think it was 80-90% he said of those for end-agent legislation, pot," Stears said. He heard a lot of calls for the state to go slowly. "Whether prepared we came up with will not be effective July 1, 2016," he said. "I think it makes longer to set up the infrastructure," he said.

House representative Gred said the push from the public to legalize has been overwhelming. A September map to Caledonia, one legislative action, didn't sell her either.

"I'm not saying no, I'm not saying yes," said Gred. "If it's sent to me, I'll do the work. It's not a silver bullet." □

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Buyer Would Restrict Public Access Along the Popular Bolton Potholes

BY MOLLY WALSH

One of Chittenden County's most popular and dangerous swimming holes could be much more difficult to dive into next summer. Bolton resident and former selectboard member David Parot has signed a contract to purchase 11 acres of land as the west side of the Bolton Potholes, including the most popular path to the waterfall and the open shelf of rock where people look in the sun and leap into the bowl-shaped cavern below.

Parot plans to block access however he can, in contrast to current owner Brad Gaudier of Calais, who has taken a laissez-faire approach to the unofficial recreation site. "Whether it's fencing, restricting access from the road, whatever I have to do, I'm certainly going to do," Parot said, adding that the answer to whether people would still be able to cross the land is "Unquestionably, no."

Beautiful as they are, the Bolton Potholes have proved problematic and lethal. At least five people have died at the waterfall, including 12-year-old Bentley Sutler of Burlington, who drowned there in 2011. Neighbors have complained for years about parties, trash, illegal parking and boats and dragboats obstructing behavior there.

Still, people flock to the cascading swimming holes along Joliet Brook. So reports a new landowner might limit access generated complaints. "It's a swimming hole in Vermont. I don't think people should say 'No, you can't go there anymore,'" said Nancy Hartsteller of Richmond.

She walls the property in the off season and once swim there regularly, although not so much these days. "The peaking off," she said, "it's not my scene anymore."

Alli Hartsteller, a UPR employee who likes to sit and surf before the potholes should remain a place where people of all access and backgrounds can enjoy the natural beauty, albeit carefully and with respect for neighbors. As she put it: "It's not good for security for people to separate themselves out from other people because they can afford to and those something off or say you can't be there."

While Parot may be able to keep would-be swimmers off his land, he won't be able to keep them out of the



FOLKS HAVE
FALLEN IN LOVE
WITH SOMEONE
ELSE'S LAND,
AND THAT'S
GOING TO
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DAVID PAROT

potholes. Hartsteller and others have noted with relief that Joliet Brook will still be accessible from public land on the east side, through the 2.3 acre parcel on which Stetthe Memorial Elementary School sits, and from a .53-acre parcel north of it, which the town purchased in 1996.

But the east side of Joliet Brook is more wooded and difficult to access than the west side, and it lacks the big open rock face that worms in the sun and serves as a high dive for adventurous jumpers who dive, flip and pickleball into the water below.

There were no sharkfin messages being hung at the potholes last Friday, and summer seemed a distant dream. Sleeves

of blouses ironed parts of the waterfall, while the water flowing beneath crashed downward to a rear knoll drifts perched at the rim of the bowl-shaped rocks sculpted by tons of rushing water.

Parot floated his ideas for the land at Frost Poth Forum in late December, which is how Hartsteller and many others learned about the impending transaction. To one point, Parot said he might turn the property into a private club. That idea enraged some fans of the potholes, who sent Parot angry emails and called him names, he said. He is daunted and continues to consider some sort of members-only arrangement.

"Unfortunately, folks don't like change," Parot said. "Folks here fallen

in love with someone's else's land, and that's going to change."

A few visitors might be allowed, for a price. Parot said he might invite friends to buy shares in the narrow wedge of land and make it more comfortable for them. "I could do little get-togethers and maybe some lessons," he said.

While some have criticized Parot's intention to keep the public at bay, he says several people who live near the Potholes have given him the "stabby" and couldn't be happier with his plan to control what they see as a public resource. A South Burlington High School grad, 46-year-old Parot works at Myers Container Services, a trash and recycling service business, and has lived in Bolton for around 15 years. He's unmarried and has no children. Parot was at the land subdivision from 2009 to 2013.

He was serving in 2003, when the town contemplated acquiring the Gaudier parcel with help from the Vermont River Conservancy, a Montpelier nonprofit that has helped conserve land around numerous swimming holes. But community meetings made it clear that the area is "sort of loved to death," said Steve Libby, executive director of the conservancy. "So many people like to use it that it's a difficult place to manage the use. We ended up not acquiring the parcel because we hadn't gotten to the point where we had strong community support for it."

Parot counts himself among the skeptics. A regular at Bolton's annual town meeting, he's known for speaking his mind in blunt terms about conserved lands. In an interview with the *Montgomery Gazette* in 2004, when he was making an unsuccessful bid to return to the selectboard, Parot said: "They're not making any more land, and the more we conserve, the less revenue we have, so we raise rates." Property taxes in Bolton have increased 25 percent in the past five years.

Parot nonetheless appreciates the town of Bolton, he told *Vermont Days*. "I like the community; I like to be able to go shooting any time I want. I like the fact that most of us carry guns," Parot said. "We're a working middle-class town."

The land transaction has yet taken place, according to town records. Parot said the closing will happen by March 30. He won't say how much he's paying,

Mother will current owner Gardner, who confirmed that Pusey has the land under contract.

The property, while popular, apparently may not be costly, because the bedrock and topography make it unsuitable as a building lot. The town assessment is \$16,900. Annual property taxes are only \$344.17.

Gardner has owned the parcel since 1992 but said he rarely uses them there.

Asked why he is letting the property go, Gardner said he's selling various parcels. "I'm liquidating some of my holdings," said Gardner, president of Gardner Contractors. He added, "I think it's beautiful, but, if I've been doing it paying taxes."

He acknowledged that the property has a few difficult-to-manage "scrubby" that has raw land in Vermont, people shooing on it."

Along with trash, parking has been an issue. Statements for years pointed to the tight shoulder of the steep, 800-foot Access Road. There can pass out into the travel lanes and created a hazard. A few years ago the town put up guardrails, which helped — for a while.

Then potholes rug along began parking at the bottom of the road. Complaints followed, regarding rowdy behavior, broken beer bottles and dirty diapers accumulating there.

When people go there no party, "That doesn't really go well with an elementary school," said Leah Amerson, a Bolton Schoolboard member.

He's not sure what to make of Pusey's plan and said the town has struggled to manage the swimming holes. "When it gets overwhelmed with people, and there's too much garbage left behind, that gets to be a problem."

Bolton Board members have come to dread any mention the potholes get in the media, let alone people discover them. Last year, when the spot won the award for best place to swim in the newspaper's Seven Days contest, the schoolboard wrote Seven Days a small-mail letter asking that the potholes be disqualified from any future awards.

"Out of respect for our towns, schoolchildren, nearby residents and the families of those who have perished at the Bolton Potholes, we implore you to



disqualify the Bolton Potholes in the future should it ever win that category again," they wrote.

Pusey's plan to limit access doesn't mean the municipality to revert the idea of buying the parcel. As Amerson put it: "In my heart owning the land would help to address the challenges."

Puret may be able to keep people off his land, but he can't prevent them swimming in Jason Brook, overlooking in Ledyard of the Vermont River Conservancy. Under federal and state law, navigable waters are a public trust resource that can be used for recreational purposes, Ledyard said. His interpretation is that Jason Brook is one of these waters. "As long as you are in the water, our understanding is that you have a right to be there," he said.

"There are a precious resources, and we in Vermont are lucky enough to have many wonderful places along our rivers. It's important that these places stay available to everybody," he said.

Edging people about spots like the Bolton Potholes, and the much more dangerous nearby Huntington Gorge in Richmond, is better than closing them, he suggested. "It's tragic when someone is either injured or loses their life at a swimming hole, there's no question about that, but the long-term overall public benefit sometimes has to be balanced against the risk."

He and others hope that the town and the conservancy might resolve the contention with Pusey once he closes on the property. Pusey "wouldn't say no" to that, but there's a new complication: "I really fell in love with the place," he said, "so I am kind of torn to just sell as it is now."

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NEWS

State of Surveillance: Digital-Age Bill Would Protect Privacy

BY NANCY RENSON

Shortly after 2 a.m. on December 27, Ghafiani Adadapo was shot on the sidewalk at 107 Church Street after an argument that started in the nearby Zen Lounge, police say. Burlington police officers a block away noticed over and performed CPR on the 26-year-old New York City man. A crowd began to form.

Meanwhile, a Chittenden County deputy sheriff headed over to help at the chaotic scene. A few blocks away, just three minutes after the shooting, his cruiser's automatic license plate reader captured an image: a plate number on a dark vehicle with a circular BMW logo above the plate, headed out of the city.

Adadapo was a member of the Gifford Cops, a Brooklyn gang, and had an extensive criminal record. He died of his wounds, and police found crack cocaine on his body.

When police arrested Chris Murphy, 26, two days later in West Springfield, Mass., and charged him with Adadapo's murder, they were quick to reveal what led them there: the image from the license plate reader that showed the time, date and location of the 2016 BMW X3.

Burlington Police Chief Francois del Pino and his officers had received information about who was at the bar and checked their vehicle registrations. They learned that a car registered to Murphy had recently been in an accident, and he'd leased a replacement vehicle Enterprise Rent-a-Car provided the license plate number. When officers queried the state's license plate reader database, the record captured by the deputy sheriff turned up, del Pino said.

"It was an objective electronic piece of evidence that came to corroborate witness evidence," said del Pino. "It really narrowed us in the right direction."

In a press release about Murphy's arrest, del Pino highlighted the role the license plate reader played. This caused attention to a detail in the investigation, came just as the Senate Judiciary Committee prepared to wrap up work on a privacy protection bill that includes provisions governing license plate data — including law long the millions of snapshots that the readers capture should be retained.

The privacy bill would also regulate police access to electronic communications, such as phone records and emails,



The American Civil Liberties Union of Vermont suggested a new limit — a mere 24 hours.

"We think that every day the data that was collected on all the license plates that didn't match any of those people on the hit list of the day should be destroyed," said ACLU-VT executive director Alison Gilbert. "Retaining data turns it into a surveillance system."

Matthew Valente, defender general, argued for keeping the data indefinitely because it might help defendants prove their innocence. He recounted a drug case last year in Franklin County that was dismissed after license plate records and cellphone data corroborated the defendant's alibi.

Law enforcement officials urged lawmakers to stick with the 18-month limit. "It cuts almost all the seeds I could think of," del Pino said. "Twenty-four hours would be insufficient in many investigations, he said, citing a drug case in which Burlington tapped New York City license plate records going back several weeks. A suspect denied he had been to New York City recently but license plates in records showed his car had spent the prior week traversing Brooklyn, Manhattan and the Bronx and had last been seen heading northbound out of Manhattan at 9 p.m. the night before we stopped it in Vermont," del Pino said. Based on this information, police secured a search warrant and found drugs.

The Senate Judiciary Committee wrestled with the retention question before deciding to extend an 18-month limit. When he presented the bill, Ashe said license plate readers had been useful in only a handful of criminal investigations and usually in the days immediately following the crime.

The bill would also establish state rules for access to another investigative helper — data on electronic communications such as phone call histories, texts and emails. If the bill becomes law, Vermont would become the third state to address this issue. "It is a big deal,"

Electronic communication "are the best and better of various felony investigations and will be more so in the future," said David Caldwell, newly appointed Windsor County state's attorney. A 1998 federal law coupled with subsequent, sometimes conflicting court

and would set rules on when law enforcement may use drones.

"This is a historic bill protecting people's privacy," Sen. Tim Ashe (D-Chittenden), who chairs the committee, declared just before the Senate gave it unanimous support Wednesday.

It's historic because it fills a gap, explained Sen. Tim Ashe (D-Vermont), the bill's lead sponsor. "Technology has been moving so quickly with such advances, sometimes our understanding of the implications on our privacy laws has been slow to keep up."

License plate readers were first used in Vermont in 2000. Today, 47 law enforcement agencies operate 67 license plate reader units, with more in the pipeline. In Vermont, all the cameras are mounted on cruisers and snap pictures of thousands of plates every hour.

Records from across the state are transmitted to a single database maintained at the Vermont Intelligence Center in Williston. It is one of 28 "fusion centers" created 10 years ago to improve information sharing among law enforcement agencies. It is home to five databases, including the license plate information. A data analysis process 4,000 requests for information a year. The center's director, Lt. Kerra Lanza, said state law allows access to the data only by law enforcement officials investigating crimes.

Officers must submit requests in writing describing the legitimate law-enforcement purpose. "So we are not

just pulling random information and sifting through all this data that is out there," Lanza said.

Lawmakers enacted regulations on readers two years ago, but they expire in June 2016. In their recent review of the program, several senators questioned whether they had allowed police

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SEN. TIM ASHE

to keep the data longer than necessary given the few serious cases in which such data had played a role. Current law requires the destruction of data after 18 months.

The long-term question is, if the information isn't really being used to solve a crime, why are we hanging on to the whereabouts of most Vermonters consistently for many years? Ashe said.

LAW ENFORCEMENT

allowing greater access to this data. He noted that this out-of-date law allows police to obtain emails older than six months without warrants.

Cabell helped write the provisions in the Senate bill, which are based on California's privacy law. "What we have proposed is a framework that acknowledges all of our interest to not have our thoughts surveilled," he said. By thoughts, he said, he means



the content of emails, texts and phone conversations.

The bill creates different levels of protection depending on the kind of information that law enforcement is seeking. For the most sensitive information — emails, texts and phone calls and precise location information — police would need to get a warrant, for which officers have to show they have "probable cause." With only "reasonable suspicion" and court-ordered subpoenas, they'd have access to less sensitive records — subscriber information, such as names, addresses and the package of services purchased, from electronic communication providers.

The bill's provisions on drones also set out for the first time when law enforcement might use these unmanned aircraft — whether to search or rescue as well as surveillance. Warrants would be required for the latter. The bill prohibits equipping drones with weapons.

The judiciary committee didn't hear from any police department that has a

drones, and public safety commissioner Keith Flynn said the state has no plans to buy any yet. Ashe predicted, "That won't last."

The bill wouldn't regulate commercial and recreational use of drones except to direct owners to comply with Federal Aviation Administration rules. In December, the FAA began requiring owners of drones to register their aircraft.

Guy Rouselle, aviation program administrator with the Vermont Agency of Transportation, said the state has a list of 60 drone and model-plane owners who fly their aircraft near airports. "If they are going to fly close by, they must call," Rouselle said. The list includes businesses and hobbyists.

Nothing in the proposed bill forbids police from conducting drone operation, said Ian Ray, who co-founded Airpath two years ago. Ray and partner Jon Bidroski brought some of their fleet of tiny aircraft to a Senate Judiciary Committee hearing last fall. "Our focus is using drones in ways where an external perspective would be valuable," Ray said. For example, their drones have performed inspections of power lines, rooftop solar arrays and wind turbines.

The Senate Judiciary Committee also considered enhancing federal protections of personal health records by allowing people to sue for damages over breaches. Doctors lobbied against it, and the controversial provision was removed from the bill. Said Ashe, "We agreed that provision wasn't fine-tuned."

The Senate moved the privacy bill early in the legislative session to clear the decks for its work on a marijuana legalization bill.

Disclosure: Tim Ashe is the chronic partner of Seven Days' Boys publisher and editor Paul Keay.

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EXCERPTS FROM THE BLOG

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Canadian Man Nabbed With Drug-Laden Sled Near Border



Canadian man

Last Wednesday, U.S. Border Patrol agents caught a 24-hour-mission-wreaking smuggler who was on the go, taking with \$1.6 million worth of drugs across the snowy border.

According to an attorney id. on condition of not revealing his name, the border patrol's secret deployment along the international frontier accounted for at least 100.

These border agents' mysterious operation came in on March 10. They endpointed from Canada, where they were working around-the-clock to intercept the smuggler.

According to their total tally, the sled is known as agents' equipment. The agents

found a larger stuff bag in the sled containing 1,000 packages, mostly illegal marijuana and 187 pounds of cocaine, in precipitation estimates by meteorologist, authorities said. They arrested 20-year-old Alan, who does not speak English.

Authorities said in court documents that Beaujeau-Main took part in "Drug Trafficking organization with substantial intent" and had 100 on both sides of the border, if convicted, would face 10 years minimum prison sentence.

As Seven Days documented in May, Border Patrol agents who work Vermont's 70-mile international border arrest several hundred undocumented immigrants, and confiscate millions of dollars of drugs every year. The seven-sector responsible for western New York, Vermont and New Hampshire has 113 agents guarding the 295-mile stretch of the border, according to agents in the south.

MARIE DAVIS

Judge Affirms One Seven Days Subpoena, Quashes Another

A Seven Days reporter must respond to a subpoena issued by the state attorney general, but the judge in the recent inmate case upheld Seven Days' subpoena. On Monday, Superior Court Judge Robert Hinckley issued a week-long stay of execution while the reporter is able to review documents, "because only stored information can be used," Hinckley wrote in his opinion.

Franklin County Deputy State Attorney Steven McAllister subpoenaed Seven Days reporter Matthew Ray political editor Peter Hennicke and reporter Mike Davis to the sought-to-decide Hinckley's stay of execution. The reporter had already released copies of documents, "because only stored information can be used," Hinckley wrote. "Thus, the reporter did not have to release any information that Hinckley subpoened before Ray and McAllister could interview him."

Two weeks ago, the Senate voted 80-10 to suspend Ray with pay while the court case is pending. He pleaded not guilty and has maintained that he is innocent.

After Seven Days moved to have the subpoenas quashed, Hinckley allowed Hennicke, noting that he had not interviewed with sources in the case. But the rest of the court decision Hinckley issued held. Hinckley wrote that journalists must take "the compelling interest of the public into account" when they release information about a criminal case.

On Aug. 2, 2010, Hinckley ruled that the Vermont Supreme Court had rejected Seven Days' petition to quash the subpoenas. The court agreed that the reporter could get some information from the

witness he interviewed, but the judge ruled that Davis, Hinckley noted, "had no cause to subpoena" and Davis is bound in McAllister's Highgate trial, in which witness that the information "will likely be revealed in the State's case."

In a story published last October, Davis quoted McAllister as saying, "We never denied that I took witness there."

Immediately after the reporter was subpoenaed, he told a group of reporters that he did not have ties with the younger of the two inmates, whom a witness was testifying for in her trial prior to the State's case.

In his ruling, Hinckley said that McAllister made a "fifth Amendment privilege and refused to testify." The State, he said, also no longer interrogates the defendant, Mr. Davis, in the "very severe climate enforcement," Hinckley wrote.

Hinckley added a "clarification" which either states that journalists have the right to move to another court or that journalists can't be compelled to disclose information that could lead to lawlessness.

The Vermont Supreme Court declined to hear an appeal in September. Quelling all of them, Hinckley wrote that journalists must take "the compelling interest of the public into account" when they release information about a criminal case.

A Resident Petitions to Put North Avenue Lane Change on Ballot

Karen Routhieaux, Burlington's Burlington City Hall at 4 p.m. last Thursday carrying an overwhelming blue folder. Inside she had written the signatures of 1,650 Burlington residents, requiring the city's Selectmen to put the following question on the Town Meeting Day ballot: "Should the city of Burlington keep four vehicle lanes on North Ave?"

The residents of Burlington's NewNorth unit are involved in a fight over the future of North Avenue, which connects the neighborhood to downtown. For years, the city has considered turning the two-lane road into a four-lane road, and in 2004, the city council approved a pilot study that would test seven-lane changes during the upcoming spring and summer months. Pilot studies usually would redesign a four-lane section of North Avenue, keeping three lanes and one cycle path.

Opponents say it will prove useful information that could help the city make North Avenue safer for cars and cyclists, and city leaders have planned to take the new findings into account in their plan.

Opponents, led by Routhieaux, argue that having a lane will raise traffic safety problems. She said she studies the issue and found that the three-lane arrangement, which concluded, still left a lot of room for maneuvering. Routhieaux gathered signatures from 3 percent of the city's registered voters, or approximately 1,400 people. To get a question on the ballot, the signed forms are needed, so it's Routhieaux's turn to try again.

AUDREY FRESE



Sept. 9th in Burlington talking to reporters

independent purpose is valid and not necessary. In the 2009 case, WGAL was forced to turn over unredacted video footage of instant replay at the University of Wisconsin.

On Friday, legal presentor Hinckley issued a judgment that he refused to deposit Davis and Hinckley's costs.

Hinckley cited Commonwealth's Hennicke, who argued that the subpoenas were issued without sufficient cause. "The subpoenas issued violated the constitutional rights of the reporter when they were issued," Hinckley wrote. Prosecutors failed to show that they were able to use the information to prosecute the witness themselves. Hinckley ruled, "The production of either Mr. Hinckley's testimony or notes resulting from

an interview on the press" is the judge's view.

Seven Days publisher and co-owner Paul Barry is noncommittal about his appeal.

"As Judge Hinckley rightly pointed out, compelling a reporter to do trial and turn over their reporting material risks harming the press's ability to investigate and tell the legal update," he said in statement. "But I respect the court's opinion and the prosecutor's right to seek justice for our community. We are disappointed that it did not go the route for Seven Days. He should not be made a witness of crime because we will continue to fight for a free and vibrant press."

TERESA HALLERICK

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OBITUARIES, VOWS,
CELEBRATIONS

OBITUARIES



Marilyn "Bunny" (Moody) Conger

1944-2010 WINDSOR

Marilyn "Bunny" (Moody) Conger age 67 passed away on Tuesday January 12, 2010 at the University of Vermont Medical Center with family by her side. After serving in the U.S. Army from 1964-1968, she was born in Burlington on March 16, 1944 to James and Pauline (Myles) Myles; she was educated by the Burlington School District. Bunny worked for the Burlington School District for several years as teacher, worked as a bus driver, and taught in the "Vetters" at Follen High in Windham. She was instrumental in the bus line and organized riding, tennis,折衷, and party activities for school students and their families. She was a member of the American Legion Auxiliary, and was a member of the Knights of Columbus Council 1000, and the Knights of Charles Pius X, and Holy Name Award for many years, until their death. They predeceased her in 1998 and 2000, respectively. For the past 10 years she had been caring for her brother, Michael Moody, until his passing.

Bunny is survived by her siblings, Joann (Pritchard), Marilyn (Steve) (John) Statteau, long-time partner Anthony (Amy) Acciari, and Diane (Bob) McNamee; her stepson, Peter, as well as several nieces and nephews. She was predeceased by her parents, from earliest, Dorothy Coulter, Dick, Diane, Laura, Betty, Patricia, Dennis, and

and Jacqueline Billings, seven brothers in law, two sons-in-law, Judy, Jim, and Stephen Eaton-Billings, and her husband Ronald Conger.

In lieu of flowers, donations may be made to the Dignity of Aging Fund, the Alzheimer's Association, or the Alzheimer's Research Foundation. Memorial services will be held at St. Francis Xavier Church on Saturday January 16, 2010 at 10:00 AM. Visiting hours will be held at the church on Friday January 15, 2010, followed by a service at the funeral home. Burial arrangements were to the care of Longine Funeral Home and Cremation Service, 132 Main Street, Windham. Interment will take place at St. Francis Cemetery. Condolences may be shared at longinefuneralhome.com.



Lorraine Merchant Gabbeitt

1938-2010 WINDHAM

Lorraine Merchant Gabbeitt, age 72 of Windham passed away after a long battle with cancer on Thursday January 14, 2010 surrounded by her loving family at the University of Vermont Medical Center.

Lorraine graduated from Windham High School in 1956 and was active for New England Telephone and served other many years of service.

Lorraine was an avid sports fan. She loved the Red Sox, Red Sea and Devils. She was a life-time member of the Windham Women of Foreign Wars Post 1287 where she served as treasurer for many years. She was also a member of Windham Senior Citizens and the Windham Lions Club.

Lorraine enjoyed

knitting, crocheting and looking forward to her weekly coffee dates with her very close friends Peggy Cedars, Jean Benczuk, Joanne Myers and Mimi Pierelli as well as her monthly luncheons with her New England Telephone friends where she was able to visit with her very dear friend Muriel Hartman each month.

Himself was her life

and the several more

she enjoyed especially

her love of animals.

One of whom she was very

proud of was her

daughter, Judy (Glen) Hinske

of Castleton, Vermont.

Judy and her husband

Mike and Jennifer

Hinds of South Burlington

waterfront, later in lives Sam

Craig and Linda Hinske

of Castleton and Martha

(Urbini) Tessier, and many

other nieces and nephews.

She was predeceased

by her parents, Theodore and Madeline (Shepard)

Merchant, husband,

Robert (Bob) Lundy and

John Thomas "Tommy"

Gabbeitt III. In laws Arthur

and G.E. Lundy and John and

Elizabeth (Billie) Eaton

and Jerry Benczuk, sister

Dorothy (Dor) Anne and

Chelyne (Chely) Connery

and nephew Timothy Bergens.

A very special friend you

will always remember is

his sister, Blanche (Blanche)

Windham, his mother,

Anne (Anne) Lorraine

of Windham, his

sister, Virginia (Virginia)

of Castleton, his son Kyle

McNamee and his son

and daughter-in-law, Brian and Kristin followed at Resurrection Park in South Burlington.

Memorial contributions may be made to the American Cancer Society, Vermont Chapter, 55 Guy Lane, Williston, VT 05495. Arrangements are being planned by a local church, family friend, Tom Langille at Alpine Funeral Home and Cremation Services. Condolences may be shared at longinefuneralhome.com.



Peter L. Lesage

1947-2010 CHILD-BESTER

Peter L. Lesage, 62, died suddenly on January 7, 2010. Peter was born June 7, 1947, in Castleton, son of Ernest and Alberta (Leverett) Lesage.

Peter enjoyed boating, sailing and long walks miles with his wife, Stephene. Being a trucker, he often enjoyed stops for lunch in his workshop working on projects, tinkering with his tools, and working with the many hobbyists in Castleton.

He is survived by his wife, Stephene, at 40 years, his brother, Richard Lesage, and wife, Dennis, of Castleton; his sister, Blanche (Blanche) of Windham, his mother, Annette (Annette) Lesage, of Castleton; his sister, Virginia (Virginia) of Castleton; his son Kyle (Kyle) McNamee and his son, Brian (Brian) McNamee, of Castleton; his son, Tom (Tom) of Windham; his sister, Diane Lesage, of Castleton; and several nieces and nephews. He leaves special friends, Paul Hobart, Jerry Langille and Richard (Richie) Simeone, who were always there for him.

Peter was predeceased by his parents, Ernest and

Albertine (Albertine) and Edna (Edna) Poulin, and his wife, Pauline.

There will be no services, per Peter's request. A memorial service will be held at a later date at the convenience of the family. In lieu of flowers, please consider a donation to a charity of your choice in Peter's name.

Arrangements are under the direction of Longine Funeral Home and Cremation Services, Castleton.



Angie L. McSweeney

1948-2010

Angie L. McSweeney

April 16, 1948 passed away

on January 13, 2010 after

a long courageous

battle with cancer.

Angie was a

loving wife,

mother,

grandmother,

and great-grandmother.

She was a

devoted

wife,

mother,

grandmother,

and great-grandmother.

She was a

loving

wife,

mother,

grandmother,

and great-grandmother.

She was a

loving

wife,

mother,

grandmother,

and great-grandmother.

She was a

loving

wife,

mother,

grandmother,

and great-grandmother.

She was a

loving

wife,

mother, and wife,

and great-grandmother.

There will be no services, per Angie's request. A memorial service will be held at the convenience of the family. In lieu of flowers, please consider a donation to a charity of your choice in Angie's name.

Arrangements are under the direction of Longine Funeral Home and Cremation Services, Castleton.

She was a loving mother, wife, and grandmother.

Friends and family enjoyed sitting at her piano playing every song she believed to be the first love of her life. Angie's love of Christmas, as the family would gather and celebrate together, was a favorite memory. Angie enjoyed knitting, arts and crafts, and her strong Italian pride.

Let us cherish her memory and her husband, Jim, and their children, Leah, Michaela, and Michaela (Michaela) McSweeney of Castleton, Vermont.

Memorial services will be held at the convenience of the family. In lieu of flowers, please consider a donation to a charity of your choice in Angie's name.

Arrangements are under the direction of Longine Funeral Home and Cremation Services, Castleton.

The family would like to extend a special thank you to all the staff at UVM for the wonderful care that they gave Angie. She loved you all.

In lieu of flowers, please consider a donation to a charity of your choice in Angie's name.

A memorial service will be held 11 AM on Wednesday January 20, 2010 at Longine Funeral Home and Cremation Services, 122 Main St., Castleton. Angie will be laid to rest at the Holy Cross Cemetery in Castleton.

Condolences may be shared at longinefuneralhome.com.

Want to memorialize a loved one in Seven Days?

Post your remembrance online and print it at lifelines.sevendaysvt.com. Or contact us at lifelines@sevendaysvt.com, 865-1020, ext. 37.

Back to the Drawing Board: Vermont Art Therapists Push for Licensure Bill

BY RACHEL ELIZABETH JONES

Art therapy may sound like the most fun subdivision of the mental health profession, but to some, it's also the most baffling. It's pretty much what it sounds like: using creative expression and therapeutic strategies to understand and address a client's mental and emotional experiences and needs. While art therapists practice in Vermont, the state offers no official licensing in the field. And that makes defining or regulating art therapy a tricky business.

This legislative session, however, members of the **ART THERAPY ASSOCIATION OF VERMONT** are continuing their fight for a path to state licensure. H.64, a bill assigned to the House Committee on Government Operations, could change the game for them.

Last weekend, six women met in the **ATAV**'s governmental office of **LINDA MYERS**, chair of **ATAV**'s governmental affairs committee. The organization has existed since 1986 and became an official chapter of the American Art Therapy Association in 2000. Association interim president **LINDA MULLEN** of Washington has been a member of the group since its inception. It now claims some 30 members across the state.

The **ATAV** offers multiple justifications for licensure. At the top of the list is that a lack of regulation could lead to potential harm to community members who are already vulnerable. Buthe Trude said her association prioritizes concern "how we can protect the public, and the people that are vulnerable because they can't speak for themselves."

That wording is not necessarily figurative — many art therapy patients are nonverbal because they are very young or have experienced severe trauma, or both. As Myers put it, "No one protection measure that anybody could put themselves out there without my眼睛 or training." That situation, she said, could be particularly threatening to children, trauma survivors, language-impaired individuals, and the refugee and immigrant populations.

Another concern is the difficulty of coming to Vermont as an art therapist based in another state, or as a young professional seeking to complete clinical supervision and find work. In February 2014, **MARY SIEGEL** moved to Barre from California, where she had received board certification in art therapy in

2002. Now, she said, "There is a backlog of states we're."

Myers is currently applying to the Board of Allied Mental Health for Vermont's marriage and family therapy license. That process presented difficulties to her, said **LINDA GARNETT** of St. Albans, who also attended last week's meeting and Myers, who went through a similar process that included taking four graduate-level courses at the University of Vermont. "It's expensive," she said.

Garnett said she is struggling with the financial burden of satisfying **RAMH** requirements, which include completing an additional course and an internship, although she already received her master's in art therapy from the School of the Art Institute of Chicago in 1987.

RAMH **SUPERVISOR** of Vermont stressed up the problem with the board that "RAMH does not recognize [art therapists'] location and their training."

Members of **ATAV** pursued our own internal discussion of concerns about protecting vulnerable populations and making Vermont hospitable to art therapists in the state's opiate-addiction epidemic. "We need every mental health professional we can get," asserted Myers.

Subjek said that **ATAV** receives about a dozen inquiries per year from out-of-state art therapy students and professionals asking about internships, supervisions and job opportunities — as well as the search "for licensure."

As of last year, eight states offered licensure in art therapy. New Jersey Gov. Chris Christie signed his state's Art Therapist Licensing Act on January 13.

Referring to constituents, particularly children, that are affected by opiate addiction, Myers said that art therapy is "often viewed as a reach less threatening form of treatment," and that talk therapy alone can sometimes impede overall health care. She added via email, "It's important to realize the nonverbal, visual, symbolic nature of art therapy that assesses the right brain and traumatic memories and images."

National forces are also at play in **ATAV**'s work toward Vermont licensure. According to Myers, the National Board for Certified Counselors has recently upped the ante by putting the Council for Accreditation of Counseling & Related Educational Programs and is working toward ensuring that no state in the country will grant licenses unless

a program is CACREP-approved. Myers wrote that this development will "effectively eliminate any opportunity for art therapists to gain licensure in states that don't have an art therapy license."

If Vermont were to institute art therapy licensure, the process would be overseen by the Art Therapy Credentials Board, which **ARTHEALTH** oversees nationwide across the country. Myers sees a path to licensure in Vermont as important to safeguarding professional validity both locally and nationally. "State licensing," she said, "increases the likelihood of more art therapists being able to work, period. And, more importantly, more people will

2005, Vermont's Office of Professional Regulation officially turned down **ATAV**'s request, concluding, "No instance of sexual harm from art therapy wrongly practiced has been reported to OPR. For this reason alone," and that the "existing regulation of art therapists adequately protects the public and should continue."

The "existing regulation" referred to is a formal roster of "certified and non-certified psychotherapists" maintained by **RAMH**, which does not impose any continuing education requirements on its licensees. But, said **ATAV** exec **SWANSON**, "There are people who are



Paint by **MONIQUE SWANSON**, director of **ATAV**, at age 5

WE NEED EVERY MENTAL HEALTH PROFESSIONAL WE CAN GET.

LISA MYERS

be able to benefit from an effective treatment method."

So what's the holdup?

"Vermont doesn't like to regulate," claimed Myers. In July 2014, **ATAV** applied, through the state's successive process, which, according to the secretary of state's website, responds to "requests from individuals or groups recommending that a profession be regulated." It adds, "Vermont law provides that a profession should be regulated only when necessary to protect the public."

Currently, 43 professions are regulated by the state. In January

probably providing art therapy out there who are not on the roster, so how are they regulated?"

On Tuesday, January 13, Rep. Michael Bartashuk (D-Chittenden), along with six other sponsoring representatives, introduced **H.256**, which would require the Office of Professional Regulation to license and regulate art therapists. In a phone call, Yonieckha explained that, after his grandmother suffered a traumatic back injury, he worked with an art therapist "to gain some of that mobility back." He added, "Licensing would provide a social safety standard."

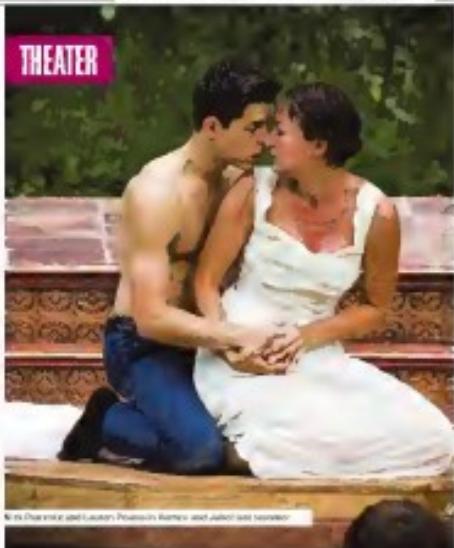
The House will vote on the bill in coming weeks. **ATAV** is currently seeking testimony and letters of endorsement in support of licensing art therapists. ☐

Contact: rachel@vermontyleg.net

INFO

To learn more about the Art Therapy Association of Vermont, visit atav.org.

THEATER



By Pam Polston and Lauren Pritchard/Bennett West/Juliette and Associates

Stuff as Dreams Are Made on: Vermont Shakespeare Moves Ahead

BY PAMELA POLSTON

The Vermont Shakespeare Company is no more. But fans of the 10-year-old ensemble need not fret. It has simply changed its name to **VERMONT SHAKESPEARE FESTIVAL**. So, what's in a name?

Ronald (right) and Lauren (below) have had their eyes on the goal of creating "a nationally recognized Shakespeare festival in Vermont" — as Nessman puts it — since launching the nonprofit in 2005. And there's nothing single about that. "We changed our name," Nessman says, "because some people didn't quite understand who we wanted to be if that name" — she cradles the long-gone Champion Shakespeare Festival as a local predecessor.

"We've just trying to push that forward," Nessman adds. "It's an exciting time in our development — we're

looking for ways to move beyond just one big event in the summer."

Both seasoned Shakespearean actors, the couple met during a production of *Richard III* in New York City. For years they lived there or in New Jersey, and came north in summers to put on multiple performances of a single Shakespeare play at Knight Point State Park in North Hero. In 2003, they added Burlington shows at Oakledge Park. That was also the year their production of *The Taming of the Shrew* was ready a trash — owing, ironically, to drizzling rain. Though disappointed, Nessman and Napo did not let the weather gash.

Finally in 2010, the couple moved to South Burlington with their young son. That year they produced *A Midsummer*



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Stuff as Dreams Are Made On

4

Night's Brown and added two new performance spaces, the **INHERENT PLEASURE** Gorilla Lesser and the University of Vermont's **REINHOLD STYLES THEATRE**. UVM offered not just a new stage — the company's first indoor one — but a promising collaboration with the theater department. Neumann and Nagle engaged theater majors, five of whom performed in Massachusetts, and provided summer training and internships. Further evidence of the relationship: Theater department chair **MICHAEL HARRIS**, a son of UVM's board.

Nevrasin continues to fly to New York a couple of days a week to teach at Sheila Adler Studio of Acting, where she's the head of the movement department and works with New York University undergraduate students. Last November she was part of the original, cross-paste-theater-walk *Intersections* with other local actors at **ELGINSHIRE**. This month, Nevrasin was set to be in residence in Phoenix, giving classes for theater and dance students. For his part, Nagle has performed with **PENNSYLVANIA COMPAGNIE**, and in employed as manager at **NOTES** as Manager in Residence.

In addition, the two have been actively building their board of directors and pursuing partnerships with local businesses.

Despite their busy schedules, Irving locals buy allowed Nebraska and Nagle to offer Shakespeare events year round. They began small, with solo-style readings at their bars, and are expanding that format this year. The first Shakespeare series of 2016, a reading of *Love's Labour's Lost*, will take place on Monday, January 25, at Burlington's New Moon Cell. Nebraska says the solo is a fun and informal way to explore some of the bard's lesser-known plays. "It's a great way for people who love Shakespeare to get involved."

Stage will take the director's chair next month at Middlebury College for excerpts of *PMH*. That play,

ean from the Folger Shakespeare Library and will be
on view) It imagines Shakespeare himself being
arrested – by Queen Elizabeth I, no less – for his pre-
sumed role in a treasonous rebellion.

And, speaking of people in power, Vermont Shakespeare's summer production will be *Julius Caesar*, directed by Neumann. It's an election year, he points out, adding, "We thought it would be good to pick up on that energy. It's a play about political ambition."

Casson, Bruma, et al will meet their fate on theawn of the Melbourne Museum and in Royall Tyler's tick box well before we know the outcome of the presidential election. It remains to be seen whether those results will exhort Necesario and Nagle to reprise *Behind III*.¹³

Contact: pcowdell@verizon.net

INFO

Interest tickets are \$10 each. Call 202-352-5343 or 534-5343, or write to: Hinen-Hoan Lee in Washington, John Heng, director WPS; or Daniel on tour, February 20-23, 1981 at Macaulay College, as part of the Paul Plishka Festival. Julian Casals will be performed, July 1 through August 6 at various locations, see program listing for exact location and ticket information.

WHERE THE (HE)ART IS

For more than 20 years, **ART FROM THE HEART** has brought art from the heart to young patients at the University of Vermont Medical Center. Now you might say the popular art-making enterprise has grown up, with the help of a three-year grant from the Haunted Hand via the Vermont Community Foundation. Art From the Heart has been serving adults in **Bare 4**, a wing for patients with chronic illnesses that require longer stays, and in the **Wardrobe**, **Rehab** Unit.

Coordinator: MARJORIE BUCHWALD

and about how art can humanize an environment that often feels impersonal and — literally — sterile. Her volunteer team works with her every day of the week; since last June, it has been working with adults on Wednesdays and Sundays. Next month, they'll add Fridays to the schedule.

The two programs are a little different, teach the kids we have some suggested ideas," Schwardt says, but for the adults we have a menu of lots." The latter include watercolor, oil painting, monoprinting and collage. Adults

each kit provides all the materials patients need to create an even an important element of the program is personal interaction with endocrinologists.

"When I train people," Schwartz says, "I tell them the three basic rules: privacy, hygiene and common sense. After that we have a lot of flexibility to meet guidelines where they are and make that a more comfortable space." That could mean talking with a patient for an hour about "open, crowded and sweaty." Schwartz did exactly that; it also means knowing when to leave a patient alone.

For germ-related reasons, the art cart holding craft supplies doesn't travel from the pediatric floor to main. It does however get rolled around the mother/baby wing, which serves women on bed rest. "These women just have time, and it's not relaxing time," *Katherine* says.

Karen Whalen, the medical center's president and CEO, addresses a news conference about the hospital's closure.

can be very frightening." The Art from the Heart program she helps administers the hospital in its goal to provide "a peaceful healing environment."

The program has a positive impact not just on patients but on medical

personnel software says and on the interactions between the two. "If a nurse or doctor walks into a room," she says, "it might be hard to see that spark that makes the patient human because they're focused on solving a problem or the symptoms." It's easier for staff to get a full picture when they can see their patients' creativity and how they express themselves, she adds.

Schwarz is excited about her programs expansion but admits she can't guarantee the adult offerings will continue after the three-year grant runs out. Until then she and her volunteers will keep bringing art supplies from room to room and those to those brightening the faces of area residents of all ages.

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WTF?

A reader emailed recently with a complaint about the Queen City: He couldn't find a single pay phone in Burlington.

A national night out, why would Burlington still have no phones? Given the ubiquity of cellphones, wouldn't telecommunications companies be more than willing to continue operating public booths known primarily for attracting graffiti and posse calls?

But the question had an interesting point: His cellphone plan doesn't cover international calls, so he depends on pay phones to dial Montreal. With Burlington as close to the border, Canadian tourists may encounter the same problem. The city is also home to a number of New Americans who make calls abroad.

According to the Pew Research Center's Internet & American Life Project, 10 percent of adults don't have cellphones. Surely Burlington could afford at least a few public phones for their sake. Seven Days set out to determine where Vermont's largest city was truly devoid of that classic mode of communication.

Burlington's director of public works, Chapin Sprague, explained that his department doesn't deal with pay phones. The Clerk/Treasurer's Office is charged with doing out "incumbent permits" to phones inserted in the public right of way, but staff reported that there had been no permits on file. The Vermont Public Service Department doesn't keep track of the city's pay phones, either.

Not even state-wide figures are available. The Federal Communications Commission counted 1,064 pay phones in Vermont in 2006, but it stopped collecting state-level data after that.

The American Public Communications Council, a trade association that represents most independent payphone companies, keeps a database of the phones its members maintain. When CPD and treasurer Deborah Stetson checked the database last week, she found just 32 working payphones in Vermont.

The actual numbers likely higher, but judging by the national trend, it's safe to assume that Vermont's pay phone population has dwindled. In 2011, the FCC counted roughly 160,000 pay phones nationwide — down from some 700,000 in 2004, and from more than 2 million in 2000.

Has Burlington Hung Up on Pay Phones?

Having failed to get a clear answer by the bureaucratic route, I set out as fast and nimble around Burlington, following leads based on the vaguest recollection of other Seven Days staffers.

First stop: Chittenden Superior Court on Main Street. A grand stand guard naturally. "Good luck finding one of them!" But a moment later, he returned with what used to be a phone ported up the stairs, outside the Champlain Form conference room.

The phone is still there, the black receiver hanging under a sign that reads "Phone." It looks shabby and is covered with curious graffiti, but it produces a robust dial tone. Inside, the employees behind the register said they had no idea whether anyone used it.

Lame. I called the company that owns

the phone, MTS Coin Phone Systems. A woman picked up. When asked how many pay phones MTS maintains in Vermont, she said, "Very few" and declined to provide more specific information. "They just keep taking them out and taking them out and taking them out," she told me. Why? "Pay phones aren't profitable."

Next, I checked out Church Street, Burlington's sunny right-angle boulevard City Hall via another phone. Local calls cost 50 cents. A bright yellow vendor advertised "fax calls," which included numbers for companies promising to help callers find a job and get a credit card. I dialed "10 for God's Blessings/Daily Prayer." A slyly woman answered. Over the crackly connection, all I could discern was that she worked for a

Christian television station and would not be giving me any broadcast today.

Calls to the company responsible for the phone, Pacific Telecommunications Services, were even less fruitful. No one picked up. The California company bought up many of Vermont's and NorthPoint Communications' public phones several years ago and is now reportedly the largest independent payphone operator in the country.

In a 2012 interview with USA Today, PTS CEO Thomas Kaus said, "We're sort of the last guy standing on pay phones." Kaus claimed it takes only two to three calls per day to make a phone profitable, then told the paper, "There's an enormous growth [typical] below the federal poverty line. This is not anything that makes me sleep better at night, but our business is [from] people who have literally scraped two coins together."

During the '80s, according to the day I observed the city hall pay phone, it failed to attract so much as a glace from citizens of passivity. Several people walked so close to the stand that I half expected them to collide with it.

Just as I was about to turn in for the day, I ran into a friend who, for someone in her late twenties, is surprisingly fond of pay phones. She pointed out that, outside the city, they're useful for reasons besides poverty and international calling. When she first moved to Vermont, her cellphone didn't get service in her home of Woodstock, so she relied on the town's pay phones. When she got a job interview, she had her future employer use one to call her.

My friend showed me to the only other pay phone I knew of in Burlington — outside the Cumberland Farms convenience store on Pine Street. I picked up the receiver but was met with silence. *Crash.*

Contact: abuse@arstechnica.com

Given the difficulty of finding them, we make no claim to have conducted a comprehensive survey of Burlington pay phones.

INFO

Quoted or merely conjectured, answering 100 of your burning questions to www.vtcondemned.com.



Dear Cecil,

I recently learned that in India people clean up differently after going to the bathroom — pouring water down their backsides with one hand while cleaning themselves with the other. Toilet paper, I'm told, doesn't even factor into the equation. What I want to know is: Which is better for us and for the environment? Should we, as Americans, be switching?

Anonymous, for obvious reasons

Heck, they don't just eschew toilet paper. Many in India eschew toilets altogether, with 87 percent of rural households reporting, in a 2001 survey, defecation in plain sight. Part of the Indian style of relieving oneself stems from a lack of widespread indoor plumbing, sure, but the water-sathed isn't just about not having toilets that can handle Western-style TP; using water rather than tissue to clean one's parts is common in plenty of places that have the economic wherewithal to afford sturdy sewage systems — Japan, for instance. So where you quarter's a good one. So where are they not? And should we be taking cues?

The stakes aren't low. As of 2008, Americans were using 16 billion rolls of the stuff each year, something on the order of 15 million trees. Recycled materials fix you don't mind a slightly scratchy experience, but popular alternative varieties require tree fiber — some of it from old-growth forests. Less than 2 percent of toilet tissue sold for in-home use

in the U.S. is made from 100 percent recycled paper). This isn't the only way that TP is problematic; environmentalists reporting that, trees aside, U.S. TP consumption requires, per person, 47.5 billion gallons of water, 250,000 tons of chlorine (for bleaching), which can have harmful downstream effects on the marine and reproductive systems of wildlife) and 17.5 tons-worth of energy. That's some footprint.

The obvious alternative is the bidet — basically a standard fixture, but increasingly available as an electronically controlled add-on to an existing toilet bowl. Let's assume that, given the environmental impact of TP, bidet use is probably better for the planet (but it's better for the body?)

Alas, the ascetic world is not flush with information regarding bidets and bidet usage. A 2010 paper by South Korea reported that, at the correct setting, the electronic bidet could reduce anal pressure in people experiencing conditions such as fissures or hemorrhoids.

But researchers seem keener to demonstrate its potential for improving the lives of elderly or disabled people, for whom wiping might be a challenge.

A 2003 study found that an electronic bidet could be used by patients with spinal-cord injury to successfully reduce bowel movement.

In 1995 the National Institute for Biotechnology introduced to the world the "Berlin Bidet," which people with disabilities could tote around to ease the experience of going to the bathroom away from home.

A psychiatric report in the journal *Government* suggests that "soak-and-dry" seats may improve residents' comfort and cleanliness in nursing homes.

A Yale infectious-disease specialist has proposed that bidets may help prevent urinary tract infections in the elderly.

On the other hand, a 2010 study of subjects in Japan, where bidet usage is common, found regular warm water cleaning with the aggression of a gynaecologist. And you'll find use for not describing the pictures published in a case study of an elderly Japanese patient's rectal burns, caused by an uncleanly bidet.

So, a mixed bag. We should note that in some places where water is involved, the penitentiary relief design is different from the American style — more of a hole that the user squats over. Here there's a clearer benefit:

The simple act of squatting, as opposed to sitting or squatting less straining on the part of the defecator — an easier experience all round, plus it may reduce hemorrhoid risk. In a public-toilet setting, there's also the obvious hygiene plus of not coming into contact with a seat that's touched more times than you'll find at a Kenny Chesney concert.

Why haven't Americans gone in for the bidet thus far? It might have to do with good old American exceptionalism. Like the hydrogen bombs and the Big Gulp, toilet paper is a proud U.S. invention, whereas it was the decision French who brought in the bidet (The word *bidet* by the by originally translated as "porc" — a reference to what one looks like inside the thing.) Things may be changing, but in both directions. On the one hand, there's U.S. defensive apprehension. We're TPing the globe, as increasing usage in Brazil and China accounts for most of the toilet paper reverent picture overall.

On the other hand, just prior the New York Times published not one but two articles about



massive American enthusiasm for a particularly high tech line of Japanese bidet toilet seats, the Toto Washlet series, packed out with heated seats and pulsating sprays. Toto (which recently spent a \$50 million toilet坐着 back in Japan) has apparently doubled up its sales push in L.A., Chicago, Boston and New York, hoping to finally establish a U.S. beachhead. Who knew? It might end up finding a solid market here off all.

INFO

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My New Bud

A journalist and MS patient tries medical marijuana

BY CRISTY BISCHER

It's not easy to get inside the Champlain Valley Dispensary, one of Vermont's four state-licensed medical marijuana dispensaries. First, you have to find it.

The location doesn't appear on Google Maps, and it's not on the CBD website — the phone number isn't listed anywhere, either. Unless someone gives it to you, you can't call for directions.

If you do happen to find the small office in Burlington's waterfront Wing Building, you can't just walk in. A staffer will only unlock the door if you have an appointment — or if you can see you through a video camera and hear you via internet. And you can only make an appointment if you're on the state's medical marijuana registry.

Vermont residents who have been diagnosed with a severe or life-threatening condition such as cancer, AIDS, wasting syndrome or end-stage sclerosis, can qualify for the registry. Right now, nearly 2,000 people are on the list; I'm one of them.

I was diagnosed with relapse-resistant MS in 2002, and fortunately for me, it's been slow to progress. I've been going about getting on the medical marijuana registry since Vermont created it in 2003. I stopped laughing about it a decade later, when I started having excruciating spasms just at night in my right shoulder and arm.

In the fall of 2012, my neurologist prescribed a muscle relaxant called baclofen. I added that to my regimen of MS-related medications, but it lowered my eat and made me gaggy the next day. I wanted a possibility that worked while I was awake.

A year ago, I asked my doctor to help me get a medical marijuana card. Smoking pot had never done much for me the few times I'd tried it in college, but I'd read that some people swear by it as a muscle-relaxant replacement. I was ready to try anything.

My doctor, Ann Elise, encouraged me, but my dad was less enthusiastic. When I called him and said I was going on the list, he said he was skeptical about the health benefits of pot. And he had a few views of the whole system. Medical marijuana, he warned, was "a slippery slope" to legalization for recreational use. "It's too easy for people who don't really need it to get it."

As anxious, even panicky, as Vermont knows somebody who knows somebody who can get weed, but passing through the legal hoops here is much



much harder. Vermont has a reputation for having a restrictive medical marijuana law, and, in my experience, it's well deserved.

My neurologist agreed to help me get on the registry in February 2013. Two weeks later, the mailman delivered the famous envelope I've ever received. Inside were my doctor's notes detailing my symptoms, along with forms to fill out. I had to give my mailing address, driver's license number, weight, height and eye color. Later I had to sign a page of patient acknowledgement, which included the following: "I understand if my application is approved, marijuana may only be used for symptom relief" and "I understand that if my application is approved, marijuana may not be transported in public unless secured in a locked container."

To be approved, I'd have to complete the application, get it notarized, and send it to the Department of Public Safety with a \$50 check and a photo ID card for my ID card.

It took me a couple of weeks, but I finally got it all together and sent it off. Then I looked for a locked container in which to transport my stash.

I found a perfect one — a tan metal box. It was like the one I'd inherited from my grandmother, its top key dangled from a gold American flag keychain. I put the box in my car so I'd be ready to dash to the dispensary.

Then I waited — and waited — for my card to come in the mail.

I got it in early April. I looked through the form for a phone number for CBD and all I could find was the URL and an email address.

As a new client, I had to sign up for a half-hour initial consultation. But when I went to the website and checked the online appointment scheduler, I found none available — for months.

I sent CBD an message through an online form. Then things got busy at work, and I forgot about it.

A few weeks later, I sent another message and got a call back. But by then my

nightly pain had subsided; I didn't follow up until it returned again in the fall.

When I talked with CBD founder Shayne Lyon for this story, he confirmed that it's tough to get on the registry. "You have to be very engaged in getting your card," he said. "It does take a lot of follow-through."

CBD's low profile is intentional. If he publicized the phone number, Lyon said, "I would have had to hire a person full time to answer the phones." Medical marijuana is legal in 23 states and in the District of Columbia, and it's increasingly popular in Vermont.

Despite being shamed into secrecy, CBD is struggling to keep up with demand. When Lyon opened the dispensary in June 2012, he said, he expected to serve 40 patients a year. But two and a half years later CBD and its sister organization, Southern Vermont Wellness in Brattleboro, now see 4,000 clients weekly, sometimes as many as a few thousand in a week.

Partly that's because staffing takes time. New employees must be fingerprinted and pass a background check, which can take as long as three weeks for each. Many of Lyon's 40 staffers work behind the scenes at facilities in Williston and South Burlington, manufacturing crops, managing pot-related products and making edibles.

Starting soon, Lyon will have employees doing delivery deliveries. And he plans to expand CBD's presence on the Burlington waterfront, adding a new, larger office down the hill.

Medical marijuana, he adds, is "an alternative medicine that works for a lot of people. Our experience is that it's really changed a lot of people's lives."

I hoped it would change mine.

When I arrived at the dispensary at the end of November for my first appointment, I had my locked box, my official pot card, a secondary form of ID (my passport) and \$100 in cash. The box still classify marijuana as an illegal substance, so credit card companies won't let cardholders charge their pot purchases. Dispensary owners have to pay with debit cards or cash. Health insurance won't cover it, either.

Because I stopped at the credit union, I was running a few minutes late. I stood in front of the video cameras and announced

my arrival. A sign on the door announced me as to take photos or video inside. There's no waiting room, so I sat briefly in one of two chairs in the hallway before a raven-haired guy ushered me inside and handed me a clipboard. More forms — this time covering privacy rights and the dangers of smoking. I tried to fill them out and take in the scene in the same time.

Two dudes staffed the dispensary on my first visit. Inside, the one-room office feels like an equal parts doctor's office, general store and the dorm room of the biggest pothead on campus.

A counter divides the room into two rooms — one for patients and one for staff. A backdrop on the patient side displays an eclectic array of products that don't contain cannabis — CBD lotions, winter caps and trailer hitches along with mugs, ashtrays and cutting boards. A massive gray safe behind the counter holds the pot. Painted on one door are marijuana leaves; on the other, a goat had a chalkboard menu on the wall with some for sale: hash, kief, edibles including brownies, fire cider, caramels, chews etc.

One end of the counter is a glass case containing pipes and other paraphernalia. The other is an info station with a computer and a chair on either side. I sat down and finished my forms.

A helpful, knowledgeable staffer named Zach, who declined to give his last name, guided me through the enrollment process.

I told him I didn't want to smoke the pot, and I didn't want to waste it to chew. His recommendations fit my interests — Indica and Sweet 'n' Sour Widow. I paid \$198 for two top-shelf bottles capped with medicine droppers. There were no dining restrictions on the label. Zach advised waiting with them in five-day periods.

He said I could take it with simple syrup, which sounded appealing.

That night, I added four drops of Indica to a spoonful of maple syrup — a spoonful of syrup helps the medicine go down! According to Canna, the mixture is infused with a blend of Indica strains specifically chosen to alleviate pain and anxiety while encouraging a "worldly euphoria." When you smoke pot, it hits you immediately, but Zach said it could take 20 minutes to two hours for the tinctures to take effect, so I swallowed my first dose a couple of hours before bed.

It didn't work.



WELLNESS ISSUE

The pain returned. I popped a pill to fall asleep.

The next night, I tried four drops of the Sweet 'n' Sour Widow, a cannabidiol-enriched tincture that's supposed to reduce chronic pain and inflammation. Same result.

I tried five drops of each on different nights. Nothing.

Then I put the pot aside for a couple weeks; we moved to North Carolina so are my family for the holidays, and you can't legally bring marijuana across state lines.

When I asked Lynn about my frustrating initial results for symptomatic, "it didn't make sense and serve" he responded. Some people feel that "really amazing," but ultimately the process is about learning what works for your body. Until then I'm used to having a doctor hand me a prescription and tell me exactly how much to take and when. "That is the opposite of that," Lynn said.

In January, I set up another appointment to try something clickable. I bought a padlet of Northern Lights buds and a friend called Rosalie Chase. A woman named Danielle helped me pack out a \$10 glass pipe and patiently showed me how to smoke it. I bought a two-Min Fighter mix. Zach even recommended I try keep-carrying the tincture — up to 10 drops at a time.

That night, after my kids went to bed, I unloaded my pipe. I put a load in my new pipe, slipped on some back patches, lit it and inhaled twice. I didn't feel high, but I didn't have any pain, either. For the first time in six months, I fell asleep without taking any pain medication and woke up the next morning alert and pain-free.

I thought it might have been a fluke, so I tried it again the next night. This time I felt a little fuzzy — was I high? Honestly, I couldn't tell. I did start down a few chocolate-praline-butter cups, but again, no pain, just no pain.

The whole time I've been trying to manage my pain, I've also been trying to determine the cause. It could be MS-related, or it could be a result of pressure on my spine or one of my nerve roots. I recently saw a physician's assistant at the University of Vermont Medical Center neurological surgery office, who prescribed physical therapy, and I'm going to try that — and acupuncture.

But Pri is also going to have experimental surgery. The card needs to be renewed annually, and my renewal's due at the end of March. I'll get that paperwork to the end. ☺

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WELLNESS ISSUE

new level art program that has showcased photography collages by Jon Gifford, sculptures by Lynn Stoenrey and prints by Pete Boerema, among others — pretty bouldering for bouldering in the Brigg Street warehouse.

"Being able to push your boundaries to accomplish a goal is inspiring," says Part of the mind-body rewards of rock climbing. He also regards working with new climbers to overcome fears of heights.

Anyone who thinks indoor climbing facilities are noisy hospitals — another misconception about the sportsperts there — will find the scene at Petz Club's broad expanse of fresh air. The system left off has been cleaned and refreshed with treadmills and weights to augment climbing workouts, along with tables for the use of the Friday Night Kids Club and local climbing teams. Strategized versions of the indoor ropes course and adjustable "crack wall" as well as a massive bouldering structure for climbing without ropes, make for a comfortable competitive gathering spot.

Among the new classes Petz Club offers this winter are women's indoor climbing clinics for beginners and intermediates, and three separate card programs (Hence Lullaby and Sushi) due date on Saturday morning.)

Metrotrek, meanwhile, has pops sessions in addition to a curriculum that includes team building, shift training, after school programs for kids and a new technique class called 5.8 & Beyond.

"With indoor climbing you can come in and work on anything — flexibility, upper body, legs, your mental game," says Fox. If you don't come with a partner, you can always find a stranger to belay you — and perhaps make a friend.

Besides offering physical training, the facility can be a social refuge, for "remissives" who want to get out of their own houses or waters, Fox notes. "It's nice to have a place where you can come out of that bubble." ☐

Contact: tag@vermonttoday.com

INFO

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petzclubvt.com
Metrotrek & Vibeplex, Essex, 802-460-0400
metrotrekvt.com

Photo by Scott Auerbach via AP/Photo: The Smugglers Inn
Rock Climbing Facility to Sunday January 22, 2012. The event is put on by Friday Night
Climbing Competition Committee at Petz Club, 6pm-8pm. smuggs.com/climbing



On the Rise

Indoor rock climbing reaches new heights in northern Vermont.

BY SARAH LUFT DAWK

It's Sunday morning at 10:30 a.m., and I'm fast-dialed to wrapping up in the South End of Burlington. Nap? It didn't involve a sweaty swinging night at Club Marmont, or even live music. But there was some swinging, some sweating, some repelling and a few beers.

Tara LeBerge, 36, and Nancy Smith, 68, are putting on their street shoes after a session at Petz Club's Climbing Center & Mountaineering School. "We're booked," says LeBerge with a big smile. He's referring not to their position for each other but for their new shared position of scaling artificial walls protected from the wind, snow and sun. "It's better than a standard gym workout — you use all your muscles, you get tired, and it's fun fast," he says.

The two are hardly alone in their fascination with indoor climbing. According to Climbing Business Journal, the sport is growing at a rate of 9 to 10 percent per year, with more than 200 facilities now open in the U.S. As the New Year recently started, "Climbing has turned into the new square or square for a certain young professional set, projecting an air of healthy, conscious coolness that beats out CrossFit and grittier than yoga," says Clark.

New England hasn't been immune to the sport in the past; the Southeast dominates, with 22 percent of climbing walls nationwide, according to industry researcher IBISWorld. But more Vermonters could get involved in 2013 — which, incidentally, happens to be the Chinese Year of the Monkey.

The media coverage of world-class athletes accomplishing some amazing feats has really helped grow the industry;

says Tim Fox, membership and staff manager of Petz Club's American rock climbers and social-climbing division. Tammy Caldwell and Kevin Jorgeson, for instance, named eyecatchers — and then the profile of the sport of climbing — with their national Team USA's impossible ascent of Dawn Wall.

Petz Club and Metrotrek Vermont in Essex report drawing new climbers to their walls every day. "The cost to get started is relatively inexpensive compared to traditional gym membership," says Fox. "Indoor rock climbing allows participants to move and experience an activity that may be unattainable outdoors because of cost, knowledge or location."

After Lullaby and Sushi, here comes Petz.

I step up for a private lesson with Sarah Fox, a 24-year-old Juan Michael's College graduate who coordinates the center's youth programs. I'm previously dabbled in climbing, but on those occasions I struggled with my grip on the wall, and with trusting my feet.

By 11 a.m., as the church's "Under the Milky Way" plays, the gym is sheer with climbers ranging from toddlers to super-grownups. I approach a route graded 5.8 — relatively easy on the Yonsei's Decentral System, which is said to raise the difficulty of climbs and take a toll. Fox delivers a brief lesson in belaying then serves as my belayer. She pulls up the slack on the rope that's attached to my waist by a carabiner, easing me up the holds marked with little pieces of green tape and advising me to "sense" my knee to the wall.

I climb to the top of 6C, and along the way Fox dispenses useful tips. One of the biggest misconceptions about climbing During our lesson, Fox coaches not on raising our approach to each route, bringing some drama back into the picture. Despite its picture, Petz Club has a

CLIMBING IS MORE ABOUT YOUR LEGS, I TELL THIS TO WOMEN, ESPECIALLY.

SARAH FOX

n't it all upper-body stuff? Not so, says Fox, a long-time climber who turned to climbing after she ran her runner calf — proof that this sport doesn't require Superwoman shoulders. Instead, she continues, relying more heavily on leg, hand and logic turns it into a flow-like experience. "Climbing is more about your legs," she says. "I tell this to women especially. Lean back and use a straight arm — trust your calves."

I'm feeling more low than high as I move to a more difficult route, dotted with plastic holds called pegs, clips and crimps that offer different levels of challenge to hands and feet. After only an hour or so of climbing, the fatigue though is to find my grip slipping on some of the trickier parts, but it's a good, post-workout feeling.

"The physical benefits of climbing are being able to use the body as a whole while climbing and training," Fox tells me. "It requires a level of endurance and flexibility, in addition to a balanced level of strength, [but it's] not emphasized much in other sports."

Then there are the mental benefits. During our lesson, Fox coaches not on raising our approach to each route, bringing some drama back into the picture. Despite its picture, Petz Club has a



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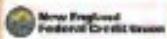
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Joint Chief

A Morrisville surgeon replaces knees with 3D-printed custom implants

BY KEN PICARD



At 10:27 a.m. on an operating room at Copley Hospital in Merrimack, Dr. Bryan Huber begins surgery by drawing a thick purple line down the leg of his isolated patient. After checking to make sure the nerve/patent is tucked around the patient's thigh, Huber cuts a deep incision along the line, exposing her flesh like an unfolded wallet.

Many of the instruments arranged neatly beside him resemble woodcarving tools: saws, mallets, clamps, planes, drills and bits of various lengths and diameters. But others are high-tech tools including white silicon jigs and inserts that were custom-made via a 3D printer for this patient alone.

"If this were an off-the-shelf [knee] implant, there'd be the most indecision on that table, because you never know what you're going to need," says Tom O'Malley, a representative with ConforMIS. The Bedford, Mass.-based medical technology company pioneered the use of 3D printing technology to create a customized joint replacement system called Total. O'Malley agreed to provide a play-by-play explanation of the operation to demonstrate how it differs from conventional knee replacement.

Huber, an orthopedic surgeon with Mansfield Orthopedics in Merrimack, is currently the only doctor in New Hampshire performing this cutting-edge procedure. Since he started using Total four years ago, he says it's revolutionized his practice by vastly improving the results he can produce. The procedure is drawing patients from around the country to get their knees replaced in this remote community hospital in the Northeast Kingdom.

As Huber explained before we entered surgery, the clinical technology replaces "one-size-fits-all" artificial knees, which he had used, with implants that let the patient's own healthy anatomy become customized implants fit better, patients experience less pain, heal and return to normal activities more quickly and enjoy greater mobility and functionality.



was uploaded to ConforMIS, which made the implant on a 3D printer, along with the 90 to 160 medical instruments used during the surgery.

Within 15 minutes of the first incision, Huber has removed the patient's patella. Next, he positions a white template that has pre-machined grooves and holes showing him exactly where to saw and drill. In all, Huber will use six such jigs in a predetermined order, then insert a trial implant before he connects the permanent metal parts in place. The trial allows Huber to fit and extend the knee while the surgery is still under way, ensuring a correct fit.



"The alignment is so critical when you put it in there," O'Malley explains. "Our track of the first set of tools you ever bought, and you said, 'I don't need to align and balance them.' How long did they last?"

Periodically, Huber reviews a checklist to ensure that all his measurements are accurate, just as in a woodshop, he measures twice and cuts once. When a section of that procedure is fraction of a millimeter too big, Huber "maneuvers" the bone with a fat saw, producing a high whine and tiny puffs of smoke. O'Malley says this procedure is not far off the surgical route.

By 11:10, Huber has made all the necessary cuts and holes, and he asks the nurse to mix the cement that will hold the implant in place. Because the anatomical surgical tools work together so often, Huber rarely has to ask for anything. As in a well-rehearsed dance routine, he puts both his hand and someone else's on the instrument he needs.

Huber washes the knee capsule with saline, and dries it with compressed air, leaving an exposed bone surface that resembles coral. He coats the surface with white cement, dispensed from what looks like a clogging gun, then hammers the artificial tibial plate into place with a mallet.

Once all the implants are seated, Huber puts a poly inser, which O'Malley likes to compare to a concreting shot,



Because the precise measurements have been done in advance, it snaps neatly into position with an audible click. At 12:30, Huber spends the inside of the knee with a local anesthetic, then homes in to clean up the incision.

A nurse beside me points out that this patient will be walking by 5 p.m. Glassing at the clock, I realize that the entire operation took less than an hour. I've spent more time in a dentist's chair getting a filling.

Between this surgery and the next, Huber grabs a quick lunch in the cafeteria on this particular Monday, which he calls "a light day" he has three surgeries scheduled. Typically, he does four or five knee replacements a day, two or three days a week. While this one was unusual quick, Huber points out that the



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MONDAY
2:30pm Pilates Reformer
3:30pm Pilates Reformer 1B
3:30pm Strength & Balance
4pm Pilates Mat

TUESDAY
9:30am Pilates Reformer
10:30am Strength & Balance
12:30pm Pilates Mat & Barre
3:30pm Pilates & Balance 1B
5:30pm Pilates Reformer
6:30pm Barre Sculpt

WEDNESDAY
7:30am Pilates Reformer
8:30am Pilates Mat & Barre
10:30am Pilates Mat Barre
3:30pm Strength & Balance

THURSDAY
6am Pilates Reformer
9am Pilates Reformer
10:30am Pilates Mat & Barre
11:30am Yoga & Stretch
5:30pm Pilates Sculpt

FRIDAY
7:30am Pilates Reformer
8:30am Pilates Reformer 1B
9:30am Pilates Reformer
10:30am Strength & Balance
11:30am Barre Sculpt

SATURDAY
8:30am Pilates Reformer
9am Pilates Sculpt
3:30pm Pilates Sculpt

SUNDAY
9am Barre Sculpt
10:30am Yoga Sculpt

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Joint Chief

morning's previous surgery was actually 15 minutes faster.

The speediness isn't what brings patients from near and far to Copley for joint replacements, though. They come for the outcomes.

Studies have shown that one of five patients isn't satisfied with their conventional knee replacement, Huber says. Conventional implants, which he likens to "a huge yard log at a hardware store," are made to fit all patients, regardless of anatomy. As a consequence, Huber says, two-thirds of implants can see big or too small, causing chronic pain, stiffness and limited mobility.

One Casterlink introduced an customized knee implant about five years ago, Huber, who served on the company's scientific advisory board, became one of the technology's earliest adopters. He shrugs off the suggestion that he's promoting this product for revenue, noting that he's on salary at Copley and gets the same pay whether he does five knee replacements a year or 500.

"This technology has always made sense to me," he adds. "Why would you want to put something in the knee that's not natural?"

Huber's patients range from young athletes whose blows out their knees to septuagenarians who suffer from advanced arthritis. His "moto," he says, is the middle-aged athlete who's already tried conservative, less-invasive knee remedies such as modified activities, anti-inflammatory drugs, injection, physical therapy and weight loss.

For many, he says, the nonoperative intervention stay working, and their knee function dips below an acceptable level. They can't walk, standboard or play



Photo by Jennifer

anymore anymore, it may be painful just getting out of bed. When their quality of life diminishes to the point where constant pain keeps them grumpy and miserable, patients are ready to accept the modest risk associated with surgery.

One of the advantages of the customized knee implant, Huber says, is reduced blood loss. It also allows him to preserve 25 to 30 percent more bone, which is especially important to younger patients who may need another implant later in life.

Postoperative recovery is also much faster, he says. Typically, Huber's patients leave the hospital within 24 to 48 hours; conventional surgeries require longer stays. Huber directs all his patients to use a CPM (continuous passive motion) machine, which exercises the knee and slowly increases its flexibility. As a result, most patients never require physical therapy. After six months, 95 percent of Huber's patients report that their knee feels normal "sometimes" or "all the time."

"We had a lady from Vermont who came back in a month and did a crazy [bicycle] ride — 180 miles," Huber says. While he doesn't promise comparable





BY DAY 10, I WAS TOTALLY INDEPENDENT.

ALAN NEWMAN

results — generally full recovery takes a year — Huber has routinely seen patients return to skiing and snowboarding in three months or less. That's particularly important to the many elite athletes he treats, who are eager to return to competition.

Fifty-year-old Huber is no stranger to competitive sports himself. A native of Lancaster, Pa., he played soccer, rugby and water polo in college and has been an avid snowboarder for years.

Huber first moved to Vermont in 1984 to attend the University of Vermont College of Medicine. After completing his residency there, he took a research fellowship at the Hospital for Special Surgery in New York City. Afterward, he needed to "pay the bills back" for a scholarship and served four years as Spine.

"It was an amazing life experience, professionally and personally," he recalls. While overseas, Huber became a doctor for the Navy's World Class Athlete Program, traveling around Europe with the Navy SEALs and other elite military athletes. He also cared for athletes on other national teams that didn't have their own physician on staff. Back in Vermont, where he remained in 2000, Huber serves as the team doctor for both the Barons and the U.S. Snowboarding team.

At least once a month, Huber travels around the country teaching the Total procedure to other surgeons. In October, he was in Chicago; in November, Dallas; in December, Tampa.

Demand for the technology is growing. About 600,000 knee replacements are currently performed in the United States each year. As huber points out, that figure is expected to rise to a total two knee replacements per year within a decade.

Baby boomers in particular have very different attitudes about resuming active later in life than did their parents' generation, Huber says. Today, his patients aren't willing to give up their favorite activities and walk with a cane, for example.

"We also know that knee and hip replacements are very valuable socially from a financial standpoint," he says. In other words, the longer people remain physically active, the healthier they stay, thereby delaying age-related hospitalizations and nursing-home admissions.

"The 56-year-old guy is similar to the 26-year-old guy," Huber says. "They're both trying to stay active and healthy and keep doing their thing."

One Vermonter who's intent on still "doing his thing" is Burlington entrepreneur Alan Newman, founder of Magic Hat Brewing. Newman, 46, had his second knee replacement done by Huber in early December. After getting a cemented knee implant nine years ago from a surgeon who's since retired, Newman asked friends where they'd gotten their knees done. Those after Huber's name came up.

When asked if he's noticed a difference between the two surgeries, Newman doesn't hesitate.

"Oh, yeah! It's night and day," he says. "By day 10, I was totally independent. If you'd looked at me going up stairs, you'd never know that I'd just had a knee replacement."

What makes Huber happiest is seeing his patients return to the activities they love.

"This is the biggest advancement in joint replacement in many, many years. The reason we didn't do this five years ago is, we didn't have the technology," he says. "Every knee is unique, like a fingerprint. And now we're able to make it perfectly for you." □

Contact alan@veriskagov.com

INFO

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BY SADIE WILLIAMS

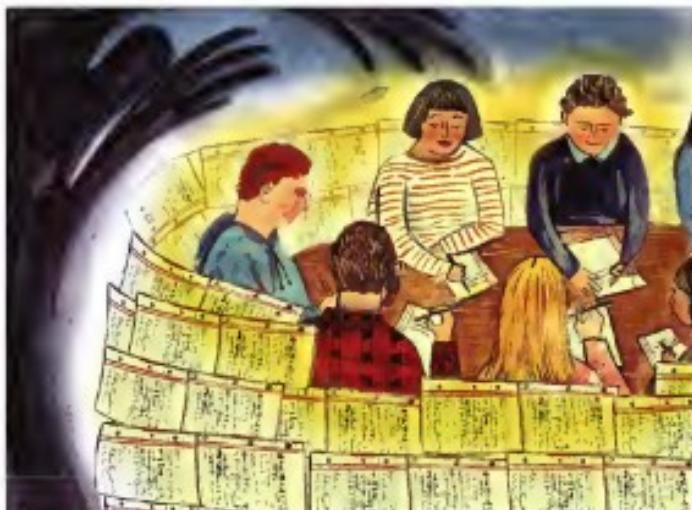


ILLUSTRATION BY JENNIFER MCKEE

This past Christmas, Jack Gower, 28, celebrated one year of sobriety. In Vermont, writing is helping the Florida transplant stay that way. "Sharing a creative outlet is crucial for recovery," he says.

Gower found his outlet with Writers for Recovery at Burlington's Turning Point Center. His dad, John, is a work shop participant, too, and introduced him to the group after Jack moved here from St. Petersburg a year and a half ago.

The workshop for recovering addicts began as the music and social activist Ben O'Brien of Kingdom County Productions wrapped her documentary *The Hungry Heart*. The 2013 film provides a window into the world of prescription drug and opiate addiction by following the work of Dr. Fred Holmes, a St. Albans psychiatrist

"I wanted to do one more thing in St. Albans to gather stories," O'Brien says. So, in summer 2013, she and Holmes organized a workshop at Turning Point of Franklin County. Initially, they brought in professionals in photography, media, visual art and writing to work with recovering addicts.

For later workshops, O'Brien shifted the focus to just writing. Why? "All you need is a pencil and paper," she points out.

Moopacher author (and Steven Deja collaborating writer) Gary Lee Miller taught at that first St. Albans workshop. At the end of the 10-week run, he and O'Brien weren't ready to call it quits. "They took it like fish to water," O'Brien says, "and it was a wonderful experience, so I wanted to continue that."

After the St. Albans secured more funding, Miller returned in summer 2014 to lead what began as another 10-week writing workshop, this time at Turning Point Center of Chittenden County in Burlington. That group has continued meeting to this day.

Since then, O'Brien and Miller have organized five more workshops in recovery centers and correctional facilities all over the state. Participants in all five have just completed an eclectic debut anthology of poems and short fiction, titled *The Resilient Wheel of a Zen*, due out this month.

With new funding from the Ross Jeffreys Foundation, Burlington Labo and the Vermont Department of Corrections, among others, O'Brien and Miller will offer close to 30 different workshops this year.

The structure of the Writers for Recovery workshops is simple. They

are open to individuals recovering from any addiction, as well as to affected family members or friends. Writing experience is irrelevant; it's a "come as you are" operation. While Miller often brings in reading material or invites local authors to speak, most of the workshop is spent — no surprise here — just writing.

Miller offers participants prompts and gives them seven minutes to respond. Why seven minutes? "There's no time to think or worry that you're doing it wrong," he says. "It gives them freedom."

"The first principle we do is called 'T on down' — it's a good way for people to introduce themselves," Miller continues. "They talk about their past and get to know each other." Other prompts have included "5 morning in addition," "All I remember from that night" and "Dear ... how's what I want you to know about my addiction?"

Not only does the seven-minute time limit eliminate the natural tendency to self-edit, but it also accelerates relationship building among participants. "We're really challenging people," Miller says, "and this culture of the group helps them take chances and say the shit that's really bothering them, that they need to say it can take a while to build that culture," he adds, "but when you're sharing your writing back and forth, it can happen really fast."

Miller notes that for writers tell stories that they've never revealed to anyone before. "People talk about the horrible things they did, as well as the horrible things that were done to them," he says. "It's a real bonding experience, which is part of the reason I started left."

The workshops culminate in a public reading. "Thank you is the best thing," Miller says. "It's a big deal for them to get up and read," Miller says.

Gower, who says he struggles with anxiety can attest to that. "I read a couple of times in [Writers for Recovery], and it gave me the chance to overcome that anxiety," he says.

Another workshop participant, who prefers to be identified only as Caitlin, says she still gets nervous when she gets up to read. But she sees doing so as a



WELLNESS ISSUE

service both to herself and to her fellow writers. O'Brien has been sober for more than four years. The New Hampshire native worked as a nurse for 16 years, until her license was revoked because of behaviors emanating from her drug addiction. She's been attending the Burlington workshop for about a year.

"When I get up and talk about my personal story with recovery, it helps so many other people," O'Brien says. "It gives them hope."

That's a hard sentiment to come by, given that addiction, depression and severe anxiety often go hand in hand. O'Brien's poem "Dear Addiction" is included in the group's anthology in the series "Perfection is not possible, but progress is." It goes:

**THE CULTURE
OF THE GROUP
HELPS THEM
TAKE CHANCES
AND SAY THE SHIT
THAT'S REALLY
BOTHERING THEM,
THAT THEY
NEED TO SAY.**

GARY LEE MILLER

Her poem acknowledges the constant pull of addiction and the strength it takes not just to overcome it but to live with it. "Progress is no longer being sent to the hospital because I'm having seizures or I've overdosed," O'Brien says. "Progress is that my children want to have a relationship with me. I have a job where I'm trusted. I'm not suicidal. I have hope."

Written-for-recovery workshops aren't a replacement for other services. Both O'Brien and O'Connor participate in a 12-step program. O'Brien also goes to free yoga classes offered by Burlington's Turning Point Center.

"There are as many ways of moving through recovery," O'Brien says. "The workshop is just another way of getting to that place of reflecting on who you were and who you are now."

"Once we saw the quality of the work," she notes, "we thought, Wow, this needs an audience." The result was the anthology, which will have a release party on Saturday, January 23, at the Flying Stage in Barre. O'Brien and Miller expect the only ones surprised by the writers' output. Four poems by three workshop participants appear in the current issue of New York-based literary journal Epoch.

Miller and O'Brien remain committed to the workshops — and excited about increasing their numbers. As Miller puts it, "The only word we're hearing going forward is 'yes.'"

WHY I WRITE FOR MY RECOVERY

Remember when you were really young living in a trailer park and the clouds connected sometimes in random ways like little dots of every color? Of course we all did that, but it still motivates me to write and to apply writing the way my mother does. That's something that very important allows me to live life the way I do. It allows me to live life the way I want to live it. It gives us players over our heart, it suspends us in the possibility of what might happen next. That's something of what moving means across the high wire, when there's only names, then making the story along. So when I'm influenced by the trees, or move our words, or life forward with the crossroads in our lives and balance comes out by looking down, but then bringing where you are going next, trying for stability at the end of your lifetime. Moving possible forward, one thing that's cool at a time.

JOHN DOWLER

INFO

The workshop offered at three local venues: Saturday January 23, 2 p.m., at the Flying Stage at Marketplace VT in Barre; Wednesday, 6 p.m., Burlington, Vermont. For info, see www.freewordpress.org. \$10.



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Striking a Pose

A Vermont yoga practitioner is headed to a national competition — yes, really.

BY MOLLY MULLEN

Alexandria Sturges slides into a split and stretches her feet, feet-toed arms overhead. Muscles ripple on her upper back. Her coach, Maria Cappella, nods in approval as Sturges steps forward over her front leg and rests them comfortably as graceful and flexible as an elegant giraffe.

But she isn't one. The 24-year-old Burlington woman is training for a national competition in a posture that most people don't consider a sport at all: yoga. She'll represent Vermont at May's 2016 USA Yoga Federation National Championship in Jackson Hole, Wyo.

To prepare, the part-time bartender and recent Champlain College graduate practices yoga at least eight times a week, usually in 90-minute sessions in the classic Bikram series held in a 105-degree studio. Sturges has never officially (not a big deal), the says, and yoga (a bigger deal). She's built plenty of sleep and healthy meals — lots of avocados, salmon and veggie juice — into her schedule.

Sturges grew up in South Burlington and attended Essex High School, where she did many sports and later turned to long-distance running. After a bout with pneumonia in 2010, she wanted to rebuild her stamina, her doctor suggested Bikram yoga. The Twenty registered series of 26 postures was made famous by Los Angeles-based Bikram Choudhury, a former yoga champion in India (see sidebar).

Sturges was hooked. Within a few years, she was practicing almost daily at the Tapas Yoga studio on Pine Street in Burlington (formerly called Bikram Yoga Burlington). There, Sturges met Cappella and began analyzing the yoga teacher's daughter and getting to know the woman who would become her coach.

Cappella has trained numerous yoga students, competed herself and helped her sister organize competitions at the latter's Bikram yoga studios in New Hampshire. In March, she'll open her own studio, Queen City Bikram Yoga, on Ben Lomond Drive in South Burlington.

Sturges was thinking of volunteering at the USA Yoga regional in Northampton, N.H., when Cappella suggested something else. Why not compete? So Sturges began training last August. Putting the



words "yoga" and "competition" together initially unnerved her friends and family.

"Most people I talk to haven't heard of it," Sturges says. "Even my mom and dad didn't really know what to think when I first talked to them about it."

The competition yoga circuit is in states such as New York and California, but Vermont has few competitors and no major competition. Sturges only had to beat one local competitor in her division at regionals to qualify for Jackson Hole.

Still, she says, it was an enormous challenge to avoid fatigue in New Hampshire and work through her three-minute session, striving for perfection, before a panel of judges and an audience full of strangers.

"If you focus, filters, as will you," Sturges explains. "And so, more than anything, I was proud that I was able to stay focused and stay in each posture. And I managed to smile."



For her, competing is partly about spreading the power of yoga. But doesn't competition contradict yoga's mellow, noncompetitive aspects?

Coppettell, who is familiar with that question, emphasizes that the contest is an annual (posture) competition and not a "Who's the fitter self" competition."The competition is about pushing the body to new places, overcoming the fear of being vulnerable onstage, making friends and inspiring others," Coppettell says, noting that such events have taken place in India for hundreds of years. "Being competitive is a natural human quality," she adds. "It's part of who we are."

It's true that by focusing on awards, the contests leave out the more contemplative lessons of yoga. But as those aren't suited to competition, Coppettell says, go with "Do you want to watch a match or competition? I don't."

Stargor tries with Coppettell at Bikram Yoga Studio and practices mostly at Tapas or in her Burlington apartment. She sits in lotus position

while watching TV, and she compares poses with other students and coaches using the cell phone app Photo.

At contests, each contestant will have three minutes to perform six poses — two spinal and four complicit. The poses demonstrate balance, flexibility and strength and include forward bends, inverted heads and spine twists.

At her sweat-practice sessions with Coppettell, Stargor works on the stretching head-to-knee pose, demonstrating her natural strength — she jokes that she was built in a steel factory — and the flexibility that has been harder to achieve. She's somewhat shocked to find herself doing a split, but after practicing every day for three months, Stargor says, she's expanded her sense of what's possible.

Coppettell is impressed with her student's progress. "She decided to do it, and she did it while big," she says of Stargor. "She has not wavered." 22

Contact: mally@arrendeyvt.com

THE TROUBLE WITH BIKRAM

After 10 years in business, the first Bikram Yoga studio in Vermont quietly rechristened itself Yoganis in spring 2014, reusing the name of the studio-winning state champion yoga group that it had ousted in 2004 and had since replaced with its own Bikram瑜伽 (Bikram Yoga). "I really love the mother and Holt," Unimpeachable with her name on the door.

The studio uses Pure Bikram, a Burlington hot yoga studio that uses 100 percent infrared heat instead of heat lamps over the pants. It continues after the class's 28 postures sans sequitur to keep the body sweating at 105 degrees.

Some days, Unimpeachable would stand in the doorway, watching the path home, and yawn as she was led into the same "typical list of emails from students, references, etc. The [the] last longer seems a particular because of fire," she recalls.

Yoganis stimulates her to continue as a trainer, but not exclusively in a Bikram course. "I just want to teach people to encourage people to go out and play," she says, noting that some of her allegiances extend elsewhere. "I've taught students. He has several different interests to develop free in themselves that are nonconforming through the course."

What seems to motivate Yoganis is to train yoga teachers, not necessarily experienced, community-oriented fitness enthusiasts. "I'm not a yogi," she says. "I'm a teacher." She believes that the studio's value lies in the long sessions from 10 a.m. to 4 p.m. and the experience of the studio's staff from September 1 to October 3. "Instruction of the changes went out two weeks before the seminar, which originally scheduled to start — very late for Amy [Unimpeachable], which caused together the \$25,500 cancellation fee and my own personal schedule to do the seminar." The studio members could not add the expenses of plane travel to the limited flight hours to cover their travel needs to insure "I have two young children," she says, "and I have to leave to take care of them."

Nashua immediately called 8-4-care headquarters in Los Angeles to ask for a refund and got a return call from Choudhury herself who processes just the refund through. He remembers his handshake after a series of calls and emails. Nashua still has not seen his refund. "I've contacted [Yoganis] and it's not there," he says. Especially because "they're the ones that brought me to the [yoga] community."

Nashua says Choudhury never told him how many students reflect back to him. All class fees and worksheets included a fee to look up costs for recovering the money. "These days," he says, "you can't even do that at this website."

Nowhere does Choudhury ever mention her yoga-around-the-country reflects back to him. All class fees and worksheets included a fee to look up costs for recovering the money. "These days," he says, "you can't even do that at this website."

Meanwhile, Coppettell will use the piggy bank when she opens Green City Bikram Yoga in March. The studio is not a franchise, and she has no business agreement with Choudhury. She says that the negotiations are going well, but nothing. "My goal is that this method that was created for people," Coppettell says. "People of all ages and all walks and all backgrounds."

She adds, "I am teaching the yoga, not the path. I think they're two separate things."

Better luck for the new studio have done predictably in mind. "I mean people have been going to Choudhury's," Coppettell says. "The atmosphere's off, someone's



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Sour Power

Science is in a pickle as probiotic foods surge in popularity BY HANNAH PALMER EGAN

In October 2006, the World Health Organization convened a group of physicians and scientists. Their mission was to lay groundwork that would define and stimulate the study of probiotics, or "friendly" bacteria promised to aid in digestion and confer untold other health benefits to consumers. The WHO hoped that customized study could prove these benefits so that they could be applied in a variety of settings. In the years since, the medical community has continued to tinker in probiotic research, but many questions remain unanswered.

Meantime, as artisanal food culture went mainstream in the mid-2000s, more Americans gravitated toward fresh, local, organic foods. Chefs and home cooks rediscovered and elaborated on traditional methods of food preparation and preservation. Lacto-fermented pickles and preserves replaced yogurt-based relish dips and sandwich dressings. Bottles of kombuchas sprouted from health food stores to convenience store shelves. Foodies discovered the tangy Asian staples kimchi and miso.

Yogurt was already a familiar product, but companies began marketing the benefits of its probiotic "live cultures." Physicians began recommending it to patients with gastrointestinal afflictions.

Over the past decade, food entrepreneurs have fussed—and helped to grow—a robust market for handmade fermented dairy products, vegetables, salads and condiments, employing natural bacteria to preserve and enhance raw ingredients.

But even as probiotics captured the American gut, and scientists began to learn with enthusiasm about the billions of bacteria that comprise the human gut microbiome, the benefits of consuming probiotic foods remain mostly vague and imprecise.



Many consumers, of course, don't need double-blind studies and statistical analyses to know that friendly bacteria can resolve fever stomachaches and bring overall wellness. In this case, believing is literally a matter of trusting one's gut.

SOON, for *Seven Days'* annual Wellness issue, we set out to disentangle confirmed fact from anecdote about probiotics.

What Are Probiotics?

In 2001, the WHO defined probiotics as "live microorganisms which, when administered in adequate amounts, confer a health benefit on the host." These are species that thrive in the highly acidic environment of the human gut and aid in digestion and promote health in a variety of known and unknown ways.

Known probiotic bacteria include several species of Lactobacillus, including *L. acidophilus* (common in yogurt and other cultured dairy products), *L. plantarum* (found in fermented cabbage products such as kimchi and sauerkraut), various *Saccharomyces* (yeasts), and acetic acid *Bifidobacterium*.

Probiotics and Science: Known Benefits

Human intestines are home to trillions of individual microorganisms; each gram of intestinal material contains about 10 million microbes, according to University of Wisconsin nutrition and food science professor Margolin Gao.

She sits on the editorial board of the *Journal of Probiotics & Health* and has published dozens of works examining the impact of probiotic foods—from yogurt to kombucha—to the human GI tract.

Some of those impacts are known and fairly straightforward. Probiotic microbes thrive on fermenting carbohydrates, sugars and undigestible compounds inside the human intestines. By-products of this fermentation include nutrients such as vitamins B and K2, antimicrobial compounds such as peptides, and organic acids

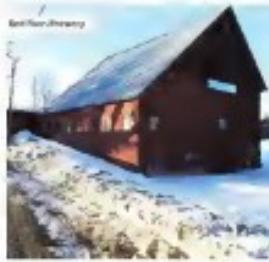
ISSUE POWER: 16-PAGE



INSIDE dishes

BY SHANNON PALMER EGAN & MELISSA HASKIN

BETH FLUKE/BRUNSWICK

**Barn Brews**

POLY PRIDE BREWERY IN DORRINGTON, VERMONT

Can you turn a barn into a brewery? Two couples in Dorrington are doing just that. The McAleney's, owner and sons, have the rustic red 1800s barn. The Haskins, Peter and Ann, have the brewing experience. Peter scored in the top 50 in last year's Make the Cut Brewfest Challenge. "We really started to know each other during the last five years," he says.

The four friends hope to open their one-barrel **NEAR BARN BREWERY** this spring in Dorrington. The location was never in question. "Their barn has tons of space, so we don't need to rent or buy," says Peter McAleney. He adds, "There really aren't a lot of breweries in this area. We're trying to fill in the gap so people have more places to go in the Northeast Kingdom."

The barn comes with its own unique challenges, though. First, the team had to figure out if they could own geothermal water inside. (They

could.) Thus, after they installed windows from the local hardware store, the Vermont Division for Historic Preservation came knocking with suggestions for more period-appropriate options. "We're just telling people to be patient," says McAleney. "We're hoping to open in late March, but it's probably going to be more like April."

When Red Barn opens, McAleney hopes to have a small tasting room where visitors can sample beers and B&B growers, and maybe sit outside under the awning as winter summer days ("It's going to be quiet," he says). To start, they'll serve five beers, a lager, an extra pale ale, an American Centennial Pale Ale, a Bavarian wheat and a porter. Per the plan, McAleney is using hops grown on his own property.

"Some people might say a one-barrel brewery is pretty small," says McAleney, "but a lot of people start like that, and if we get momentum, and people like what we're doing, we'll expand." Any early profits will go

straight back into the brewery, he says.

Red Barn isn't the only new brewery coming to the Northeast Kingdom this year. Also on the rise are Saint J Brewery in St. Johnsbury and Sixty Three Brewing in West Burke. Saint J's official grand opening is currently scheduled for the first week of February. Located at 2002 Memphremont Drive, Suite 6, the venue is selling itself as a "Nest room and beaps bar." Meanwhile, the owners of Root Trick, a seven-barrel brewery, aim to open in summer 2016.

—PHL

Whole Foods

HOLISTIC NUTRITION PROGRAM COMING TO BURLINGTON

Burlington is home to a number of nutrition coaches and dietitians health practitioners. And this winter, the Queen City will welcome a new nutritional therapist offshoot program based on the teachings of holistic health pioneer Weston A. Price and Francis M. Putcher Jr.

Price and Putcher — both medical doctors practicing in the mid-20th century — advocated the use of whole, natural foods prepared in traditional ways as building blocks for good health.

Local practitioner **WESTON A PRICE, DPT, CHC**, whose **HEALTHWISE THREE FAMILY NUTRITIONAL THERAPY** is based in Burlington, will lead the nine-month Nutritional Therapist Training. Kristin Suter says the course is "based

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LOCAL CULTURE:

WHAT PROBIOTIC PRODUCTS ARE PRODUCED IN VERMONT?

Nostalgically, some of Vermont companies offer probiotic products that can be incorporated into virtually anything—vegetarian, vegan, gluten-free, all-natural.

Cultured Butter and Buttermilk

Most local cream butter is cultured more traditionally from cream. But producers of cultured butter add live bacteria to pasteurized cream to accelerate its fermentation, shortening the culture—much as the soy bean does, and manufacturers claim have less impact on the earth's environment, but with the added step of pasteurization, which requires energy.

The American Action campaign, the Reward of the Year, calling out the long and ugly conspiracy behind butter, serves butter better.

PRODUCERS:

Vermont Creamery, Rutlandville
Roghtgate Creamery at Brattleboro Farm, Brattleboro
Mountain House Farm [organic], Woodstock

Yogurt and Kefir

Made in 170 cultures that flavorments and cultures do, non-dairy yogurt—probiotic! The most familiar—and widely consumed—probiotic food in America. But yogurt varies widely based on the type of milk, the culture used, and production methods.

Kids' taste test results (yogurt lists L. fermentis) in a different kind of probiotic outcome: an antibiotic-induced yogurt. The result is thinner [yogurtous] and imparts more colony-forming bacteria into the human gut than the most yogurt.

PRODUCERS:

Buonanotte Farms [organic yogurt and kefir, cashew milk], Weston
Bitter Leaf [organic kefir, goats' milk, Kefirfield]
Briggs Farmhouse [organic yogurt, raw milk], Weston
Sax-Kennel Dairy [yogurt, ghee with or w/o Wheat]

Kombucha

A symbiotic colony of bacteria and yeast—called SCOBY—ferments sweet tea (before made, refined sugar) into a Italy's #1 drinkable beverage. Now popular in Vermont, China, White俄罗斯茶 is typically sold in bottles, available at an art fair, or your local co-op, grocery store, or coffee shop.

PRODUCERS:

Agave White Kombucha [organic], Brattleboro
E3 Kombucha, Rutlandville

Fermented Vegetables

While the products above are made by adding live cultures, those ingredients fermented vegetables require no such additions. Local fermenters include kimchi and sauerkraut, pickles, salsas, and other preserves. Typically sold in plastic containers, condiments, or jars of shreds.

PRODUCERS:

Black Family Farm [organic], Fair Field
Sauerkraut [organic], Montpelier
Sourcery Deli [cultural foods], Williston

Fermented Soy Natto, Miso, Tempeh

Tempeh and natto (soy with the intestinal soy) are locally familiar to most readers. But miso—extremely healthy—highly diverse, fermented foods made with whole soybeans—is relatively new to the Vermont arena.

PRODUCERS:

Shoptony Natural Foods [organic], Croydon



SOUR POWER

Probiotic, by probiotic bacteria, the vitamins become available for absorption into the blood stream. The antimicrobial compounds and additional acids make the GI tract less hospitable to strains of "bad bacteria," which cause infection or other forms of gastric distress and often thrive in higher pH environments.

Some probiotic bacteria—including strains of *L. acidophilus*—bind to cholesterol, helping to flush it from the body. And when thriving communities of probiotic bacteria populate large tracts of the colon, they crowd out the unfriendly microbes that might otherwise take up residence there.

Mysteries Abound: Unknowns and Emerging Science

While modern science has some understanding of the actions described above, other probiotic behaviors—and their health benefits—are less cut-and-dried. Various studies have explored how bacteria influence metabolism, immune response and hormone function, and many researchers believe that probiotics' benefits extend far beyond the gut.

In his 2009 book *Functional Foods: Principles and Technology*, Gao lists some proposed benefits associated with probiotics. These include resistance to infectious disease, alleviating lactose intolerance, positive impacts on blood pressure, cholesterol levels, allergies,

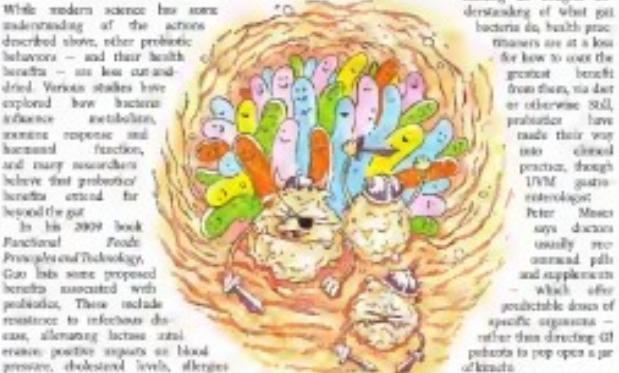
and respiratory infections; and even decreased risk of colon cancer.

Science has long accepted that our gastrointestinal tracts are home to many times more bacterial cells than there are human cells in the body. But scientists have

IN THIS CASE, BELIEVING IS LITERALLY A MATTER OF TRUSTING ONE'S GUT.

yet to identify most of the microbiome's presumed 500 to 1,000 unique species. This makes it impossible to know which are friendly, harmless or hostile—or to assemble a clear picture of what the intra-intestinal ecosystem looks like—or alone how these trillions of mystery bacteria interact and engage with the rest of the body.

Lacking an integral understanding of what gut bacteria do in health practitioners are at a loss for how to coax the greatest benefit from them, via diet or otherwise. Still, probiotics have made their way into clinical practice, though. UVM gastroenterologist Peter Massa says doctors usually recommend pills and supplements—which offer predictable doses of specific organisms—rather than directing GI patients to pop open a jar of kimchi.





"The science hasn't advanced to a point where we can identify who will respond to what probiotic and when," Moses says. "And while [fermented foods] probably provide a lot of helpful organisms, you don't know which ones or in what volume."

The medical community is warming to the probiotic trend, Moses says. As recently as the 1990s, antibiotics were the go-to remedy for GI ailments. "At that point, the only good bacterium was a dead bacterium, in most people's view," Moses recalls. "Now we've realized that altering the bacteria that live in and on us can have health effects. That has been a big evolution."

Moses — whose current study focuses on the use of fecal implants to combat ulcerative colitis — sees no downside to probiotics. "The more we learn, the more well understood what we can do to promote health and combat disease," he says. "And the use of probiotics and prebiotics [will] have more of a role as we understand it better."

Despite his professional skepticism, Moses doesn't refute anecdotal evidence cited by probiotic devotees. "Some people

who swear by eating fermented foods may not be wrong," he concedes. "You can't ignore people's experience, the thousands of years of human history that have supported eating fermented foods are probably based on fact. But we may not be able to explain it scientifically."

Food science professor Tao doesn't see a conflict between science and tradition. He grew up in the Chinese countryside, where the season's entire cabbage harvest was fermented for offseason consumption. "In China, we were using naturally existing L. plantarum [to ferment our food]," he says.

"They'd been doing it that way for maybe 1,000 years. They didn't know what the bug was, but they knew it worked. I didn't know it was *L. plantarum* at the time, but I knew how to do it."

Though Tao doesn't推崇 sig-
nificant amounts of kombucha, he says probiotic foods are part of his everyday diet. "Probiotics make you feel better, that's for sure," he says. "This is real. Quite a few individuals come out that say if you eat probiotics you improve your immune system. Especially here in Vermont — it's a long winter!" ☐

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72 Hours of Tacos

A food writer takes on the "taco cleanse"

STORY AND PHOTOS BY MELISSA HASKIN



Vist Phoenix Books in Burlington, and you'll find an entire display devoted to tacos. Taco books, taco media — tacos, tacos, tacos. The display was inspired by a new book called *The Taco Cleanse: The Tortilla-Based Diet Proven To Change Your Life*, which has been selling strongly since it came out last month. Written by Wes Alibon, Stephan Bagdasarian, Molly E. Frasier and Jessie Marrin, who are based in one of the world's two capitals — Austin, Texas — the book recommends tacos for what sick you.

Are they serious? Not entirely. The book is blad under America's Cooking盲ass category wherein — no joke — it's the No. 1 best seller. And the authors report unlikely results of following their diet ("Our skin glowed, our walks were purtier, and Men's beard grew at an alarming rate").

BREAKFAST? EAT TACOS. LUNCH? EAT TACOS. DINNER? HAVE A TACO. STILL HUNGRY? YOU NEED MORE TACOS.

They log up the rule over yourself: "So many cleanses are about deprivation. We wanted ours to be about filling yourself up with delicious food." But if you read the copyright page, you'll find a small disclaimer: "Although the recipes are intended to be accurate and tasty, all other content is solely intended to be hilarious."

Still, eating tacos all day sounded laborious. If I decided to take them literally, I'd have to clean up after them frequently, and, judging by the rest of the internet

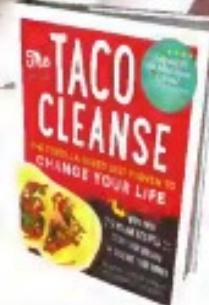
(shout, People magazine), we're not the only ones who did.

For 72 hours, I would be glorious (fully) chastised and chilaquiles beef piled into a tortilla doused with a million shreds of cheddar and a small mountain of sour cream. What could go wrong?

I called the publisher and asked for a review copy. While I waited, I imagined taco combinations: pulled pork chorizo, maybe some exotic spines.

When my book arrived, I flipped the pages to learn what I was in for. Just what I thought: tacos for every meal... Breakfast? Eat tacos! Lunch? Eat tacos! Dinner? Have a taco. Still hungry? You need more tacos. Thirsty? You probably need margaritas.

You read that right. The book approves of margaritas. Actually, it almost encourages them, as this simple meal plan reveals:



BREAKFAST
Breakfast: two LUNCH:
Leftovers tacos. Leftovers from earlier in the week too. **DINNER:**
Go out for dinner at your favorite taco restaurant. **SUPPLEMENT:**

More food after the classifieds section, once or

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homeworks

BROWSE THIS WEEK'S OPEN HOUSES:
sevendaysvt.com/open-houses

REAL-ESTATE PROFESSIONALS

Contact your property agent or visit sevendaysvt.com.
 Student year listings by sevendaysvt.com are \$100.
sevendaysvt.com/sevendays

SPACIOUS HOME ON 16 ACRES PANTON | 11 BRYCE JLN | \$499,900



Spacious rancher on 16 acres open acres acres & 6.5± and 2 full bathroo spacious main floor with room to spread make room for a large sunroom AND an open great room dining space. First floor laundry room has laundry room. Main level includes a mudroom. Master bedroom has a walk-in closet. Custom Country kitchen. Head to sevendaysvt.com/11brycejln for details. Price: \$499,900.

Kristina Rutherford
 REALTOR®
www.kristinawatson.com

MODEL HOME AT SOUTH VILLAGE GARDEN ILLUMINATION | 107 HIGHLIGHT DR | \$499,900



Offering condominium information. The property is a two story unit with an attached garage. It has 2 bedrooms including the master, 2 full baths, open concept living/dining/kitchen, and a sunroom surrounded by 100+/- square feet of screened in porch. It also includes a garage and a 1 car detached garage. Options include a fireplace, central air, and a deck. Call for more information.

Condo **South Village**
 Kristina Rutherford
 Residential Sales
 802-865-2260 | www.kristinawatson.com

West: 802-373-0110
 On Facebook: [kristinawatsonrealty](https://www.facebook.com/kristinawatsonrealty)

CLOTHING ALTERATIONS

SEWING FOR SAW

Alterations, garment

alterations since 1969

Customer service with

timely responses.

Online services:

Drop off or mail

or pick up

or email

or phone

or fax

or text

or video

or audio

or email

or video

or audio

Show and tell.

View and post up to 8 photos per ad online

[Post a photo](#)[View photos](#)

Open 24/7/365.

Post & browse ads at your convenience

Extend Extend

There's no limit to ad length online

EDUCATION/TEACHING

All test topics.

Algebra, geometry,

calculus, Sat and

competitive exam-

preparation.

Please have free class over-

line or in person.

Contact: Greg Jor-

droff. Email: greg.jor-

droff@comcast.net

Or 860-346-3789.

KID'S BIRTHDAY PARTIES

All style elements

including creative

decorating, music,

entertainment,

food, favors, games,

etc. We can do it all!

Contact: Kristin

Bartolucci. Email:

kristin.bartolucci@

com

MUSIC LESSONS/TEACHING

All instruments

including drums,

guitar, piano, voice,

and more.

Contact: Michael

Bartolucci. Email:

michael.bartolucci@

com

Or 860-346-3789.

HOMESTEADING/YARD WORK

MUSIC

Engineering, acous-

tic, classical, jazz,

folk, rock, blues, etc.

Learn 20+ inst.

You're the judge.

Guitar or keyboard.

Any tempo.

Any genre.

Any style.

Any instrument.

Any skill level.

Any age.

Any location.

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SALES REPRESENTATIVE

Curtis Lumber Company is looking to fill an open sales position in our Burlington location. The role of candidate would possess:

- Excellent customer service skills
 - Previous industry and/or building a material experience preferred but we will train the right candidate
 - High level of motivation
 - Interest in developing strong partnerships with our customers
- Curtis Lumber is one of the 40 largest and fastest growing building materials companies in the country. We offer competitive salary and an excellent benefits package. Please stop in our Burlington branch or email your resume to employment@curtislumber.com or visit our employment page at curtislumber.com.

Curtis Lumber Co. is an equal opportunity employer

CAREGIVERS NEEDED

The Residence at Shelburne Bay, a premier Level III hospitality-oriented senior living community in Shelburne, is accepting applications for Caregivers for the following positions:

- Overnights
- Evenings
- Days

A Caregiver's role is vital to the quality of our residents' daily lives. You will make a difference in their life as well as your own, including a sense of accomplishment and satisfaction in helping others.

Applicants must have good verbal and written communications skills and be nurturing, caring and reliable. Must be comfortable with computers. Previous caregiving experience preferred; however, we are willing to train applicants with strong qualifications and the willingness to learn. Candidates are also eligible to apply for a promotion to medication technician after 90 days of exemplary performance. Background checks required.

We offer competitive salaries and benefits for full-time positions including health, dental, vision, paid time off and a comfortable and peaceful working environment where our residents are nurtured and allowed to age with grace and dignity.

Send reply with your resume or stop by and pick up an application at:

The Residence at Shelburne Bay
165 Pine Haven Shores Road
Shelburne, VT 05456



*Discover the difference you can make in someone's life.
We're seeking a deeply committed, compassionate social worker who seeks to grow their career in a place they love.*



Medical Social Worker

- Provide direct social casework services to clients and families receiving home health and hospice services.
- Consult with and support staff who work with people experiencing illness or loss.
- Enrich and enhance the lives of others
- Work in collaboration with other professionals
- \$3500 sign-on bonus

Call or visit our website for details & application
www.fchha.org | (802) 527-7531



FRANKLIN COUNTY
Home Health Agency, Inc.

Elizabet Health Circle
St Albans VT 05478
Equal Opportunity Employer

New, local,
scam-free
jobs posted
every day!

sevendaysvt.com/classifieds

Barber & Waxman

Healthcare Consulting Services

OFFICE MANAGER/ LEGAL SECRETARY

Small family law firm in Burlington has an immediate opening for a full-time office manager. Legal secretary position requires strong technology, organizational, administrative and communication skills.

Applicant should be able to work independently and as a team member with a commitment to professionalism, and client services. Salary is commensurate with qualifications and experience.

If you are interested in applying for this position, please forward your resume and cover letter describing your interest in being part of our practice.

Send resumes to:
carly@barberwaxman.com

ACCOUNTING DATABASE CLERK

We are looking for a smart, energetic and positive person to maintain the overall accounting database system and perform bookkeeping, A/R, A/P and general ledger with at least two years' experience with specialized bookkeeping/accounting software.

This position requires an organized and highly motivated team player with strong written and communication skills who is thorough, accurate and detail oriented. Qualified candidates will need to be trustworthy and follow accepted bookkeeping standards. Areas of responsibility include data input, a large volume of invoicing, receipt verification and balancing, inventory purchase and control, and financial reporting.

Qualifications:

Minimum of two-year degree in accounting or finance and/or three-plus years of progressively responsible accounting experience. Knowledge of automated financial and accounting reporting systems is required. Excel skills are also necessary. Initial database training and support will be provided within the company.

This opportunity requires written and verbal communication and interpersonal skills, a strong, open, receptive communication style, and collaborative approach to work and problem solving.

Daily activities also involve reception, filing, customer care, support of technical staff and general office upkeep. You will have experience in standard office technology with an attitude and aptitude to learn more.

For your hard work, you will be rewarded with an offer that includes a competitive salary, health and dental insurance, life insurance, 401(k) plan and accrued paid leave.

Send resumes to: hr@carlybarberwaxman.com

**CENTRAL VERMONT SOLID WASTE
MANAGEMENT DISTRICT****GENERAL MANAGER**

Central Vermont Solid Waste Management District, a municipal intergovernmental committee consisting of 18 member towns, seeks General Manager to work staff, board and committees to implement legislative mandates and solid waste implementation plans and grow our zero waste programming. The General Manager must be a strong organizational strategic capable of delivering innovative programming in a fiscally responsible manner. The General Manager will be responsible for personnel management, managing relationships with state and federal laws, legislative planning, and providing technical assistance to the CVSWMD Board of Supervisors, local officials and the public. Travel to the 18 member towns of the CVSWMD and evening meetings will be required on a regular basis.

Qualifications: A bachelor's degree and at least five years supervisory experience in solid waste management, an environmental organization or a relevant government organization. Master's degree preferred. Must have a valid driver's license and be able to pass a criminal background check.

Starting Compensation: \$59,000 per year, plus plan benefits, including sick and vacation leave and employer sponsored health, dental and vision insurance. Applications will be accepted on a rolling basis until February 9, 2015.

To apply, send resume, cover letter, writing sample and three references to **Administrator/Recruiting** or **General Manager Search**, CVSWMD, 137 Three Mile Street, Montpelier, VT 05602. Addressed information may be found at cvswmd.org.

**CHAMPLAIN
VALLEY
DISPENSARY****CONTROLLER**

Champlain Valley Dispensary (CV) is seeking a Controller reporting to the Chief Executive Officer. This position will manage the operation of the Accounting Department and Information Technology, and will oversee the day to day financial management, accounting, and information technology functions.

The Controller will be the in-house expert for our corporate information system along with directing the design and maintenance of an accounting system including chart of accounts, general ledger, accounts receivable, payroll and profit & loss. This position will review financial and statistical reports to meet legal, regulatory and accounting standards, coordinate all internal and external audits, direct the preparation, compilation and issuance of financial and fiscal reports and ensure compliance with federal and state tax laws and regulations, including the timely filing of federal and state tax returns.

QUALIFICATIONS

Bachelor's degree in accounting or business administration, or equivalent business experience and 10+ years of progressive and responsible experience from a recognized career ladder exposure as fast growing small enterprises. Preference will be given to candidates with the Certified Public Accountant or Certified Management Accountants designation.

Please apply online with a resume and letter of interest to cvdisp.org. For more information, please visit our web site at www.cvdisp.org. CV is an Equal Opportunity Employer.

**KITCHEN AND BATH SALES**

Curtis Lumber Company is currently looking to fill a Kitchen and Bath Sales position in our Burlington location. We seek an engaged, energized and highly motivated individual interested in developing strong partnerships with our customers. Curtis Lumber cultivates an environment that fosters teamwork, excellent customer service and safety. We place a strong emphasis on developing our employees and seek individuals who have the interest in, and potential for, taking advantage of growth opportunities within the company. Curtis Lumber is one of the 40 largest and fastest growing building material companies in the country and employs more than 600 people in 20 locations throughout Vermont and New York. Each branch is locally managed and is an integral part of the community where we do business. We are committed to delivering outstanding service while providing our customers with a vast array of construction and home improvement solutions.

The Kitchen and Bath Sales person would be responsible for engaging in face-to-face, phone, email and web-based sales opportunities. The ideal candidate would possess exceptional customer service and sales skills along with two to three years of experience in kitchen and bath design. Experience is preferred but not necessary, as we are willing to train the right candidate.

SOME OF THE RESPONSIBILITIES WOULD INCLUDE:

- Customer service
- Acknowledge, greet and assist customers in a timely and professional manner
- Handle telephone and electronic inquiries efficiently and effectively
- Identify the needs and provide the appropriate level of assistance to the customer

SALES SKILLS

- Understand the brands and styles in the marketplace
- Learn product features and benefits
- Work to meet customer needs and expectations
- Quote follow-up and quote to order conversion
- Develop a continuous business relationship with our customers and vendors

DESIGN LAYOUT AND PRODUCT SELECTION

- Define the scope of the project with the customer
- Plan the functional aspects and the visual look of the desired space
- Design a plan layout and assist customer with product selection
- Generate preliminary computer and/or hand designs of the project
- Order product and schedule deliveries to satisfy customer needs

We provide excellent benefits, professional development, growth opportunities and a success-oriented team environment.

If you have the skills and experience we seek and would like to apply for this position, please drop off a resume/application at the Burlington Curtis Lumber store, email your resume to employment@curtislumber.com or visit our website at curtislumber.com to fill out an online application.

Curtis Lumber is an equal opportunity employer

Thinking of a fresh start?



FRANKLIN COUNTY
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Discover home health, where you can make a difference in someone's life as a home care

Physical Therapist

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Use your professional skills to assess, plan, implement and evaluate direct care to people in their own home.
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www.fchha.org

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I feel so good when I can make a difference! Join me.



Washington County Mental Health Services, Inc.

Washington County Mental Health Services is currently seeking the following case management positions in our Community Support Program:

Community-Based Case Manager

Want to do meaningful work with great team? Good at thinking on your feet, problem solving and being creative? Dedicated to mental health? Recovery-oriented individual sought to provide case management to adults with severe and persistent mental illnesses. This is a fast paced outreach position that includes supportive counseling, service coordination, skills teaching, benefits support and advocacy. Requires someone who is compassionate, creative, well organized, honest, dependable and strength based and has a Bachelor's or master's degree in related field and a minimum of one year of experience. Supervision toward mental health licensure offered.

To learn more or see complete job descriptions, visit our website, wcmhs.org.

Apply online or send your résumé to:
personnel@wcmhs.org or Personnel, PO Box 647,
Montpelier, VT 05601.

Equal opportunity employer.



SHELBURN F FARMS

Shelburne Farms is looking for an
EVENT COORDINATOR
and a

FOOD AND BEVERAGE MANAGER

Please go to shelburnefarms.org
for complete job descriptions and application instructions



Maintenance Technician CAREER OPPORTUNITY

Join Champlain Housing Trust's Property Management team as technician and serve the affordable housing needs of a diverse group of people. Perform a variety of maintenance tasks including painting, cleaning, light maintenance, grounds maintenance and minor repairs. Experience in property plumbing, electrical, grounds maintenance required. Should be self-motivated, work independently and as part of a team, be problem oriented and committed to a membership-based model of community owned and permanently affordable housing. Reliable transportation and criminal background check required.

CHT is a socially responsible employer offering a competitive salary commensurate with experience. Our benefit package includes medical health insurance, vacation, sick leave, 403(b) disability and life insurance. Submit a cover letter and resume by January 29th to Human Resources, Champlain Housing Trust, 10 King Street, Burlington, VT 05401 or email chh@chhvt.org. No phone calls please.

Equal opportunity employer. We are a drug-free, smoke-free and tobacco-free environment. Non-smokers, non-drinkers and tobacco-free individuals are preferred.

Line Cook

Line Cook, Redden Inn, on
part time. Professional attitude,
experience and responsible
Creative, link-bus kitchen
Takes on Call/Bistro
Call Chef Jon at 488-3146
linecookin@reddeninn.com

PROGRAM COORDINATOR

The Wake Up to Dying Project seeks a full-time Program Coordinator to support its community organizing, events and stable死語 programming in 2016. The ideal candidate has experience in community organizing, events and volunteer management, and managerial communication.

PL 11/18/16 FULL JOB
DESCRIPTION HERE:
wakewuptodyingproject.org/jo



OUTPATIENT THERAPIST

The North Health Center in Colebrook, NH, seeks a full-time therapist to provide counseling for children and adults. Applicants must have a master's degree and be licensed or license eligible via mental health counselor or a clinical social worker in the state of NH. Supervision is available toward completion of N.H. licensing requirements. The starting salary is between \$40,000 - \$46,000 depending on license and experience. We are located in northern NH, near the borders with Vermont and Canada.

Please submit your resume and letter of interest to:

Steve Arnold
Director of Behavioral Health
NHS - The Mental Health Center
52 Colby Street, Colebrook, NH 03525
603-250-4865
steve@northernhs.org

This position requires valid driver's license, proof of adequate auto insurance and the completion of criminal and background checks.

This agency is an equal opportunity employer and provider.

Development Manager

Do you love Vermont?

Then we want you!
The Vermont Housing Board is looking for a Development Manager who has the primary responsibility of assisting the Director of Development in executing the funding plan to support development operations and programs.
Deadline October 15, 2016.



1000 University Street
Suite 1000

vermonthousingboard.org

New, local, scam-free jobs posted every day!

sevendaysvt.com/classifieds

STEWARDSHIP & OUTREACH ASSISTANT

stowandtuck.org

Health Care Data Analyst

Vermont Information Technology Leaders, Inc., has an immediate opening for a senior health care data analyst. Responsible for performing complex data analyses for internal business use and for client use.

Requirements: Five to seven years of relevant experience, master's degree preferred.

Email a cover letter and resume to human resources, hr@vitl.org.

NO PHONE CALLS PLEASE

Licensed Mental Health Clinicians

Affordable office space available in newly organized group practice setting in Essex Junction. With or without services.

For information, please contact Alessia at **865-3450** or by email at alessia@ocanhs.com.



Human Resources Manager

We are seeking a Human Resources Manager to plan, organize and direct the activities of the Human Resources Department in accordance with state and federal laws, collective bargaining agreements and Board of Education policies and procedures to supervise the staff of the human resource department, to provide support to all district departments and schools on personnel matters, and to provide high level assistance to the Senior Director of Human Resources and Equity Affairs.

Applications accepted through schoolspring.com.

Job ID# 3271804

EOE



South Burlington
School District

378-1111 sbvd.org

Are you looking for great benefits?

How about great hours?

Need weekends and holidays
with your family?

Interested in a great working environment?

We may have just the job
you have been looking for!

Bus Driver – District

One position, 25 to 30 hours per week. Five days per week, school year.

Qualified candidates will have a G.O.L. Class "A" w/hi passenger, air brakes and Vermont state of bus endorsement. A clean driving record, and demonstrated ability to work co-operatively as a team environment.

This position will remain open until filled. Candidates may forward their resume and three current references to

Donna Klemm
Human Resource Department
South Burlington School District
590 Gorget Street
South Burlington, VT 05403



Spring is coming, and we're growing!

Web Developer Product Manager

Customer Service Representative

Please click here:
americanmeadows.com/jobs

ROMAN CATHOLIC DIOCESE OF BURLINGTON

Graphic Designer

Roman Catholic Diocese of Burlington seeks to hire a Graphic Designer. This position will be responsible for design and layout and will prepare all graphic options for the monthly diocesan publication *Vermont Catholic Magazine*, under the direction of the publication's editor. The position responsibilities also include but are not limited to all page layouts, copy, photographs, correction pencils according to greater requirements. This position also maintains all graphic art files for future reference.

SOFTWARE USED: InDesign CS6 (InDesign, Photoshop, Illustrator)

QUALIFICATIONS: Bachelor's degree and/or associates degree in graphic art and design, journalism also a plus.

Candidates are asked to submit a portfolio of past work demonstrating graphic abilities and layout proficiency with application. Candidates considered for the position will be presented with a page layout with copy and graphics for the selected application(s) to construct a layout to demonstrate their ability with the program.

HOURS: 35-40 hours per month and flexible work schedule is mandatory, due to irregular time constraints. (Evening hours are required to meet press/post deadlines.)

If interested, please forward your resume to
cmckee@vermontcatholic.org



Staff Accountant, Montpelier

We are seeking a dynamic analytical thinker and problem solver to join our Montpelier team as a Staff Accountant. We are looking for someone who enjoys the challenge of working with multiple platforms and systems while being involved in a variety of accounting operations including accounts payable, payroll, accounts receivable, grants and general ledger. The ability to understand, define and communicate accounting perspectives is critical to all aspects of this job. This role combines both independent and collaborative work as a part of a self-managed team.

Bachelor's degree in accounting plus two to four years relevant experience in accounting or finance. Proficiency in Microsoft Office programs is required as well as experience with databases and complex computerized record systems. Knowledge of accounts payable, payroll or grants administration as well as experience in higher education or nonprofit organizations is preferred.

Assistant Office Manager, Montpelier

Under the direction of the center Administrative Manager, responsible for the daily and long-term oversight of building systems, security access, parking, building and equipment inspections, technology/media support for faculty and students. Organize and conduct safety and security protocols per CCV's policies and standards. Responsible for classrooms and meeting space utilization and logistical planning for center events including faculty classes and colleague events such as Staff Development Day. Be available to respond to emergency situations. Associate's degree plus two to four years relevant facility/operators experience. Proficiency in Microsoft Office programs required as well as experience with desktop hardware and complex computer applications. Demonstrated ability to work within a fast paced team environment. Normal hours will be 8 a.m. to 9:30 p.m. Monday through Thursday. Daytime and Friday hours will be required during regeneration periods when classes are not in session.

TO APPLY: In order to be considered, please submit a complete application package which includes a cover letter, resume/CV, employment application, and contact information for three professional references at ccv.edu/learn-about-ccv/employment

CCV encourages applications from candidates who reflect the diverse student population. CCV is an Equal Opportunity Employer, in compliance with ADA requirements. Applicants needing special accommodation contact the Director at 802.865.6515 or by email at disagreements@vtcc.edu

NEW JOBS POSTED DAILY!

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The Bear Crew would LOVE your help!

Job Fairs Jan 26* & 28* from 1pm - 6pm on site

Hiring for Seasonal Positions in our Call & Distribution Centers. Positions run from the end of January to mid February (typically 2-4 weeks).

- Starting Pay \$10.50/hr
- Flexible schedules
- 50% employee discount
- Fun people & culture
- Contests & prizes
- Early Birds & Night Owls encouraged to apply!

To download our application is bring the completed form to the seasonal recruiting office between 9am and 4pm Monday through Thursday or call to schedule an appointment. Please bring proper ID for the I-91.



For more info call 802.865.6434

6055 Shelburne Road, Shelburne | [jobs@berkcountycf.org](http://berkcountycf.org)
[www.berkcountycf.org/employment](http://berkcountycf.org/employment)

Town of Milton

Fiscal Assistant II

0005-PR-000077-0000000000000000

The Town of Milton is seeking candidates with financial experience for the full-time position of Fiscal Assistant II. Powers calculate, verify, posts and balances a variety of transactions for the Town and School District. Tasks include grants management, bank reconciliations, daily deposit and accounts receivable. Powers will be cross trained in payroll and accounts payable duties, and assist in major annual tasks like audit and budget preparation. Municipal experience a plus, but not necessary. This is an AFSCME Union position.

To apply, submit resume, cover letter and a Town of Milton employment application to [Mark Wells, Director-Administration & Community Services](mailto:Mark.Wells@Milton.Vt.Gov).

Materials will be accepted via email at Mark.Wells@Milton.Vt.Gov, postal mail to 48 Bomharder Road, Milton VT 05468, or in person at the Town Manager's Office.

Full job description and employment application are available at miltonvt.org

**DAYCARE
CENTER**
**CHILDCARE
WORKER**

The Daycare Center of
MONTPELIER

Childcare position available working with children 6 weeks through 5 years. Education and experience preferred, but we are willing to train the right person. For more information, please contact Crystal at 494-3891 or Daycarecenter@msn.com.



Join us & grow with us...

**CLIENT CARE
COORDINATOR**

FULL TIME

Home Instead Senior Care is looking for an organized individual to join us in our mission to enhance the lives of aging adults and their families. The Client Care Coordinator meets with new and returning clients, assists with creating a plan of care and schedules, introduces caregivers to the client and manages quality assurance with each visit. One-on-one with our clients.

Experience working with seniors required. Flexible schedule including some weekends and evenings.

Must be organized, be able to multitask, work independently, be compassionate, have experience with Microsoft products suite and enjoy working as part of a team. Please send resume and cover letter to Peter Thibault:

peter@hisenstc.com



The Gary Home
Residential Care
IMMEDIATE OPENINGS

Resident/Nursing Assistant

Full Time
11 p.m. - 7 a.m.

Seeking full time Resident/Nursing Assistant at Westview Meadows & The Gary Home in Montpelier. Do you like working with seniors? Do you have an outgoing, motivated, and patient personality? Ideal candidate will bring maturity, strong sense of compassion and a commitment to teamwork. While working for Westview Meadows & The Gary Home you can expect to find a safe, energetic and friendly team of people who enjoy working together and creating excellence for our residents.

To apply please go to our website:
www.westviewmeadows.com
www.thegaryhome.com

Please refer to ad #

Westview Meadows
171 Westview Meadows Road
Montpelier, VT
(800) 343-1363, ext. 101, Interphone Grand

The Gary Home
149 Main Street
Montpelier, VT

EDE

Discover the difference you can make in someone's life. We are seeking a deeply committed, compassionate nurse who seeks to grow their career in a place they love.



Registered Nurse

- Use your excellent nursing skills to improve the lives of your patients in the comfort of their home
- Come back by helping people recover from surgery or cope with chronic illness at home.
- Work as part of a collaborative team in a supportive multidisciplinary environment.
- Must be a Registered Nurse in Vermont
- One year minimum of progressive clinical experience as a Registered Nurse. Prefer home care and/or hospice experience.
- Updated compensation package for RNs
- \$300 sign on bonus

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FRANKLIN COUNTY
Home Health Agency, Inc.

3 Home Health Daily
Openings & Part-Time
Opportunities Employer



Washington County Mental Health Services, Inc.

Washington County Mental Health Services is currently seeking the following nursing positions:

REGISTERED NURSES

Hourly Registered Nurse (Home Intervention): Looking for a Registered Nurse to provide weekend professional nursing supervision and care to consumers in a community based mental health crisis facility. This Nurse will provide both psychiatric and physical assessments, communicate with on-call psychiatrists, providers, facilitate admissions, and delegate medication administration duties to direct care staff, as well as provide clinical supervision to direct care staff. The successful candidate will have strong interpersonal skills, work well as a team member as well as function independently. This position requires applicants to be an RN with a current Vermont license to qualify.

To learn more or see complete job descriptions, visit our website, wcmhs.org.

Apply online or send your resume to:
personnel@wcmhs.org or Personnel, PO Box 647,
Montpelier, VT 05601.

Equal opportunity employer.



TETRA TECH ARD

ACCOUNTS PAYABLE ASSISTANT

Tetra Tech Ard has an immediate opening for a full-time Accounts Payable Assistant to join its Burlington team. The AP processor will all accounts payable for the firm, collaborate across technical function/departments, within business operations and with our diverse international field offices. Successful candidates must have at least two years of related work history, very strong international communication skills, and exemplary client orientation.

Equally desirable for this first placed position are a minimum of a bachelor's degree in a related field, strong cross-cultural skills and a positive outlook.

- Live in Burlington and work in International development.
- Employ your client support, detail orientation, accountability and communications skills for the greater good.
- Collaborate with development professionals around the world.

Apply on our U.S. Careers page at tetratechard.com (Please indicate where you saw our ad). Applications that do not meet the minimum requirements will not be considered. No calls or emails.

The State of Vermont

For the people... the place... the possibilities.

VOCATIONAL REHABILITATION COUNSELOR - YOUNG ADULT

Department of Disabilities, Aging and Independent Living

Seeking an experienced human services professional for our Burlington office with a demonstrated ability to support consumers with physical, psychological or cognitive disabilities in their efforts to gain employment. Job duties include assessment, guidance and counseling; assisting in finding employment and work experiences; case management; documentation and collaboration with many community providers. This counselor will serve a clientele of primarily young adults between the ages of 18 and 30. We place a strong emphasis on delivering successful employment outcomes for our consumers. Good computer skills are required. Travel will also be necessary.

Note: There is one position open for which we are recruiting at two levels (Counselor I and II). All applicants should apply for each of the levels for which they wish to be considered. If you meet qualifications to apply for both levels, you will need to submit an application for both positions. Reference job posting #618415 for Counselor I and #618303 for Counselor II. For more information, contact Will Pendleton, regional manager via email will.pendleton@vtdisability.gov, or at 477-2865. Location: Burlington. Status: Full time, classified government. Application deadline: January 27, 2016.

TRANSPORTATION RESEARCH PROGRAM MANAGER - CIVIL ENGINEER

Agency of Transportation

Vermont Agency of Transportation has an opportunity for a motivated leader to manage the agency's research program. If you have been looking for the opportunity to move to the next level in your transportation career, look no further. In this position the incumbent will coordinate and oversee the VTrans research efforts conducted by staff or consultants, will conduct academic research with the University of Vermont, and will oversee an experimental research program designed to assess new technologies and techniques in project delivery. The incumbent will manage a New Products program and using the approved product list, and champion technology transfer across the entire agency. As a senior transportation professional, the incumbent should be comfortable working independently and with public speaking and representing VTrans on state, regional and national organizations such as New England Transportation Consortium, AASHTO Research Advisory Council and research panels. Facilities skills are desirable in testing technology transfer and diagnosis of emerging issues and technologies within VTrans. The Transportation Research Manager will also supervise a small staff and be familiar with contracting and procurement procedures and practices.

Duties include office and field work to administer and support research activities related to a wide range of transportation issues. The research program addresses all modes of travel. Topic areas include but not limited to construction materials and methods, engineering and design practices, safety and operations, and transportation and environmental policy. Research projects may include quick response literature searches and summaries, collecting and analyzing field data focused on a VTrans specific question, and research of regional or national significance in coordination with NHTCR or NCHRP. For more information, contact Joe Seigle at 477-2365 or email joseigle@vtransvt.gov. Reference Job ID #618264. Location: Montpelier. Status: Full time. Application deadline: January 29, 2016.

SYSTEMS DEVELOPER III, LIMITED SERVICE

Department for Children and Families

The Department for Children and Families has an exciting opportunity for an experienced Systems Developer to join our fast-paced Information Services Division. This position will act as technical lead on the Child Development Division's Race to the Top project. Responsibilities will include vendor oversight, system support, systems analysis and design, as well as acting liaison between the vendor and DCF for technical issues. For more information, contact robin.henry@vtdcf.vt.gov. Reference Job ID #618306. Location: Berlin. Status: Full time, limited service. Application deadline: February 10, 2016.

To apply you must use the online job application at careers.vermont.gov. For questions related to your application, please contact the Department of Human Resources, Recruitment Services, at 802-860-6700 (voice) or 800-253-0132 (TTY/Voice Service). The State of Vermont is an equal opportunity employer and offers an excellent total compensation package.

SYSTEMS ANALYST III

Department for Children and Families

Would you like to make a valuable contribution supporting and developing software solutions to help improve the lives of Vermont's most vulnerable citizens?

We have an exciting and challenging opportunity for a Systems Analyst III to join DEF Information Services Division's team in Burlington. You will develop and update software for DCF and its divisions. Development efforts will include analysis, design, development and implementation of SSL, CR, Jive, AmeriBridg, Acute, Intermix, Maxus, Interlink, Nexus, and Powershell solutions. For more information, contact robin.henry@vtdcf.vt.gov. Reference Job ID #618043. Location: Berlin. Status: Full time. Application deadline: February 4, 2016.

PUBLIC HEALTH NUTRITION SPECIALIST

Department of Health

We have an exciting and challenging opportunity for a registered dietitian who is enthusiastic and self-directed to join the WIC Nutrition team in the Division of Maternal and Child Health. Working at the state level, you will develop statewide nutrition policies and procedures, implement federal regulations and state health policies; perform monitoring and quality assurance activities; ensure that WIC nutrition services are coordinated with other programs serving women and children; help local-level staff develop and implement outreach, breastfeeding and nutrition plans; and plan or conduct training for nutrition and administration staff. You must have expert knowledge of maternal, infant and child nutrition and feeding practices; knowledge of public health principles and practices; and program management. Be able to work independently and proactively; implement public health interventions and/or systemic change is a culturally competent view; and have excellent interpersonal and communication skills. For more information, contact Karen Flynn at 802-471-1271 or email karen.flynn@vtoh.vt.gov. Reference Job ID #618047. Location: Burlington. Status: Full time. Application deadline: January 31, 2016.

CUSTODIAN II

Department of Buildings and General Services

We are seeking qualified applicants to join our team providing custodial and housekeeping services for state offices and facilities in the St. Albans area. Experience with carpet and floor care (including shampooing, stripping and refinishing) is preferred. Please note: This position will be a part-time position consisting of two part-time positions for 20 hours per week each. Each individual will be responsible for one of the two shifts. Work schedule: morning shift, 4 - 8 a.m. or evening shift, 4 - 8 p.m. Special Note: This position will be responsible for cleaning offices associated with Dept. of Public Safety/police barracks. A criminal record check, and/or child abuse registry check may be required for some positions within this class based on the locations where duties are to be performed. For more information, contact thomas.pendergraft@vtoh.vt.gov. Reference Job ID #618308. Location: St. Albans. Status: Part time. Application deadline: January 27, 2016.

VOCATIONAL REHABILITATION COUNSELOR - ADULT

Department of Disabilities, Aging and Independent Living

We are looking for an experienced human services professional for our Burlington office with an ability to support consumers with physical, psychological or cognitive disabilities in their efforts to gain employment. Job duties include assessment, guidance and counseling; assisting in finding employment and work experiences; case management, documentation, and collaboration with many community providers. Candidates must have a master's degree in related fields; counseling, coaching, social work, psychology or special education, and special counselor (e.g., Goodwill Industries) certification required. Note: These are not open positions for which bids are received at least twice. Compensation is negotiable. Applications should be open for one of the levels for which you are applying. If you are qualified for both levels, you must submit an application for both positions. Reference job posting #618078. Counselor I and #618311 for Counselor II. For more information, contact Mark Conkle, regional manager, early childhood development, Mark.Conkle@vtdcf.vt.gov. Reference Job ID #618276. Location: Burlington. Status: Full time. Application deadline: January 26, 2016.

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Treat yo' self — or a friend — to stylish goods from *Seven Days*.

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MORE STUFF
ONLINE!
50¢
TO
\$25

Grab a drink. While you're out for dinner.

Margaritas plus tacos-equals cleanse? That, I thought as an excellent life decision, I thought to myself. The only problem I could foresee was that I might get thirsty—but then I saw the salsa. It was regular. The damn cleanse was vegan.

In seconds, my dreams of sour cream-filled tacos and greasy cheese were gone. I had good days today and embarked on a 7-day journey into vegan taco town. The rules were simple, if incomprehensible:

- 1 A taco has only one fold
- 2 Tortillas must be flat, not bready
- 3 Burritos are the exception
- 4 A taco must be hand-held and portable
- 5 A burrito is never, ever a taco.

(But, the author explains, you can always open that burrito and refold it into a taco.)

This was my first cleanse ever, so I was going to do it right. I followed the rules to a T, even taking tortillas with me when I passed a friend for an filibuster dinner.

During my three days, I ate all kinds of tacos. For my house-made taquiza, I turned dried Vermont-grown pinto beans into refried beans spiced with chipotles in adobo. I went to eat and had wonderful坐-in tacos. (OK, that was a joke. My wife posed a challenge for you if you go on this cleanse: to avoid坐着.) Do yourself a favor and buy nice fresh veggies or make a flavor-taco mix—yes, the book has a recipe for that.)

Though I knew the taco cleanse was somewhat a joke, I wondered: Could a fast-food-chain-style world? I reached out to some experts to see what they thought.

To start, I called Krissy Ruddy, a certified holistic health coach who throw a Raw Vegas Taco Party at City Market/Union River Co-op last summer. Her workshop description even made that prospect sound good. "We'll have whole-grain tortilla shells filled with fresh and spicy tomato, cilantro, lime juice, and creamy, tangy and sour salsas."

Ruddy and I chatted about her clean, low-fat tacos and her vegetarian lifestyle. She said she thought my cleanse was a great idea and offered simple advice. "In general, your body needs warming food. Look for hearty seasonal ingredients. Like hummus, quinoa." She was right. On my third day I ate a sweet-potato taco that was just what I needed: comforting, warm, substantial.

But not everyone was sold on the cleanse idea. "Most cleanses are



Sauces, proteins and produce

MY TACO CLEANSE DIARY

Day 1

10 a.m. Purchase last bits of New World Tortilla's salsa—none. I eat it every very hungry and everything in the internet looks good, but review once I get home and start cooking in the PM... except there's no cook these damn beans for 16 hours.

8 p.m. I'm eating a tortilla with roasted peppers and salsa and thinking, This isn't bad, I can do this. Maybe it's because I'm starving, but this is delicious. I can taste the unseasoned tortilla! Bright veggies!

Day 2

10 a.m. I know my lunch will be tortilla, which is a start but probably veggie into tortilla territory.

11:30 a.m. Breakfast: Shredded, no oil and no meat in the bowl. I usually make them, add 30 to 40 percent sour cream and cheese.

3:30 p.m. Tortilla salad at Mexican restaurant. The rice needs a smidge of tamale sauce or it drys up easily. Try adding.

8 p.m. Attempt to hydrate. Fail. Make smoothies with frozen fruits and protein. 9 p.m. Reluctantly come to realize...remember I'm starving? Come on, honey! Can I eat a few tortilla chips? They're amaaaaazing! I decide to ditch the salsa.

11:30 p.m. Still hungry. Considerable bellyache beginning, especially because it's cold and wet and I don't know to make it stop. The Force is with me.

Day 3

10 a.m. Still hungry for a second look. I purchase tortilla chips at Whole Foods.

10:30 a.m. Still hungry and driving and staring at my phone in the passing or wait, there's a tortilla right upstairs the taqueria. Double digits sans guacamole! I eat it put the taco in my mouth. Consider eating like a teenager, but less heated for an interview.

12 p.m. Completely trying to drown home-taco hunger. Am I the hungry Doctor? Hunger update of Most Tasty Taco: It's hearty and sweet and delicious and filling and interesting. This is where veggie tacos should be.

2:28 p.m. Necessity strike.

3:45 p.m. Seven potato-and-pepper tacos is sweetest and smokiest. Share it in mouth while running and doing work. Had time to cover it so it last longer. I am not good at eating tacos while driving.

4 p.m. I'm used to (designed) exercise with friends. And now I'm alone that I last longer. But I'm not...I'm not alone. I feel like this movie. I almost lost it. I was gonna leave it mid-conversation with Ben Stiller.

4:30 p.m. Still hungry again. Has it been 10 days? So hungry I need to pass on a sandwich. I do. So good, is there it? I happen upon people who are also very hungry! Could I get an avocado burrito in my future? So a veggie hand?

11:30 p.m. Poor hand whipping thoughts last weekend. Will it keep and gross tasting...END CLEANSE.

unnecessary and lead people into a cycle of going on and off diets," writes Lorina Fowler, a registered dietitian nutritionist at the Vermont Center for Integrative Therapy in South Burlington. In so much, Fowler explained that our bodies have natural detoxification systems, and

the best way to support them is to eat a wide variety of nutrient-rich foods.

Dana Nata, a registered dietitian in Wiltshire, had similar thoughts. "The liver, among other systems, has the very important role of detoxifying our body, and it is very good at it," she said. "Drinking

nothing but juice, or eating nothing but tomatoes, isn't going to improve that process... a healthy diet is one that emphasizes balance, variety, moderation and pleasure!"

Nate was right. Eating tacos didn't cause me to grow three inches, or lose three pounds, or start to sparkle. I didn't have an extra bounce in the morning or feel the energy of 1,000 children eating Pop-Tarts. But I also didn't gain three pounds or feel more tired.

What the cleanse did do was push me out of my comfort zone and force me to rethink my idea of a taco. Could a taco have pretzels? Yes. Could a taco taste good without sour cream and even cheese? Absolutely.

For not sure I'd recommend the two cleanse, unless you really, really love vegan tacos and have a lot of time on your hands to gather the proper ingredients. If you want variety you're going to end up spending plenty of time and money.

Still, I got to eat a bunch of basil, which most people on cleanses can't say. For the most part I enjoyed what I was eating and even felt good about putting it in my body. But in the end I learned the sad truth of an earlier warning from Nate: No matter how much you lose, you will get tired of them.

That doesn't mean I wouldn't still go for a vegan taco fix the pharmaceutical sweet-potato option at the Mod Taco in Waterford or Montpelier. But in the future, instead of following The Taco Cleanse exactly, I'll use it as a cookbook. Some of the recipes are downright delicious, and many of the ones I didn't try look enticing.

Take the Chocolate Raspberry Desert Tacos on page 16. You worthy making a soft-taco shell with sheep's milk, then fill it with melted sumac-chocolate and fresh raspberries. I tried to extend my cleanse one extra day to 3 so I'd gather supplies for this confection, but I didn't make it. Mid-morning, just after 72 hours had passed, I poured myself a bowl of old yogurt. Not the epic win I was going for to end my cleanse.

But now I have time to go shopping. So if you'll excuse me, there's a dessert taco calling my name. ☺

Contact: melissa@vermontmag.com

INFO

The Taco Cleanse: The Ketone-Based Diet Power To Detox Your Gut By Mike Allen
Illustrations by Marly K. Hwang and Jessica Morris. Photos by Christopher Poffenberger and James D. Davis

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ROOTED IN A Labyrinth OF ROASTED MALTS.

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food+drink

TI SIDE dishes

CONTINUED FROM PAGE 43



Photo: A. Ito/Magician

around the philosophy that many of the myriad health problems plaguing modern society result from weaknesses in the body's physiological foundations brought on by poor nutrition."

Through online study and three multi-day workshops, students will examine digestive physiology and nutrients and learn plant- and supplement-based protocols for addressing common health problems as they relate to nutritional deficiencies. The course will also offer business-planning advice to would-be practitioners hoping to put their certificates to use as private practitioners.

A program of the Washington-based Nutritional Therapy Association, which offers similar courses around the country, this training is the first of its kind in Vermont. Classes begin on February 12 and are currently scheduled at the Courtyard Marriott

in Burlington. For more information, visit nutritionaltherapy.org.

—H.P.E.

Crumbs

LETTUCE FOOD NEWS
This Sunday, January 26, ANYTHING WILL TURN UP WITH CHEF JAMIE GARCIA AND ALICE AT THE HARBOR AND ARK IN BURLINGTON TO HOST A FOUR-COURSE "STREET DINNER" WITH OPTIONAL COCKTAIL PAIRINGS.

The meal will mark Garcia's first appearance since leaving Montpelier's LA PERRONAIS last fall. True to form, he's pairing Vermont meats and produce to work on his menu — and embellishing each dish with Alice's nose- tickling scents. Organizers were still finalizing the menu at press time, but courses could include such dishes as pico-roasted local rabbit spiced with the scent of forest and field, or ginger-purified game birds. They'll be paired

with complementary cocktails that carry wifely scents of herbs and citrus or bittersweet barrel cherries. More info at streetdinner.com.

—H.P.E.

Most Vermonters know that this small state produces some of the finest food in the nation. Still, it's fine when the nation's food community notices, too. Local companies took home a disproportionate number of awards at the 2014 Good Food Awards, held last week in San Francisco.

Rising's Farm for City Kids and Newport's Larder Cider took two awards each. Larder Cider and Round Cedar and Hula Honey Buttermilk Malvado also received nods, as did condiments from Rosemary and Sesame Jam Man.

—H.P.E.

CONNECT

Follow us on Twitter for the latest food news:
Hannah Palmer Iglesias @HannahIglesias

AT THE FLYNN

Billy Childs
"Reimagining Laura Nyro"

Saturday, January 23
at 8 pm, MainStage

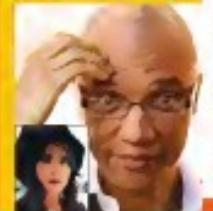
Presented in association with the Office of the New President for Human Resources Diversity and Multicultural Affairs through the UVM President's Initiative for Diversity

Sister

granted to

UVM

President's Initiative for Diversity



"Black Angels
over Tuskegee"

Friday, January 29
at 8 pm, MainStage

Festival of the Arts
Presented by the Office of the New President for Human Resources
Diversity and Multicultural Affairs
through the UVM President's Initiative for Diversity

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Sunday, January 31st

Noon-3pm

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calendar

JANUARY 10 • 27/28/16

WED. 20

and

HEALING ARTS FOR WOMEN WITH CANCER

Local artists invite cancer survivors to come through laughter, relaxation and movement during healing sessions. Self-Help/Mental Center, Randolph St. 7:30 p.m. Free. Info: 863-3818.

LITERACY CAMP

Writers and poets plan their week in the camp in their most striking outerwear hats on. The Camp, Hanover St. 8:30 a.m. to 4 p.m. Info: 1-888-239-1313.

HEARTWOOD COLLAGE WORKSHOP

Folky, fun! About 100 people will join in this crafty, creative workshop. Heartwood Tree Arts, Burlington Riverfront 113 (over SR 10). Info: 843-2913.

BEST FRIENDS

WALKING CHORALE GROUP BREAKFAST
MARTINSVILLE: Walkers welcome in walking, working and community arts from local and national musical organizations. Room 201, Armistice Building, Charnieret College, Burlington, 7:45-8:45 a.m. Info: 848-4884.

COMMUNITY DAY

CURRENT EVENTS CONVERSATION An informal open-discuss session for adults. Info: 863-3818. Details: Burlington High School Library, Burlington Transit Tower, First Flr. Info: 863-3818.

GETTING STUFF DONE IN YOUR PLANT

Get help in getting your tasks prioritized by your productivity-a pastime of entrepreneurs. Tomato Lickin' Organics, 2-4 p.m. Free. Info: 434-0362.

MUSIC GARDEN

Music, art, food, drink and fun for all ages. A day of fun, art, food, drink and more. Info: 863-3818. Details: Individual Safety Activity Center, 18-20 23rd St. Free. Info: 299-2581.

DRUG FREE

REFUSUS & STEELWORKERS

Refusus Ensemble performs free. Bemis Museum, University Clubhouse, 8-10 p.m. Free. Info: 864-5865.

GOING GREEN

ARTISTS IN RESIDENCY Artists ages 18 and report diverse professional fields and backgrounds. Details: VT Art Institute, 7th floor, 100 Exchange St., Suite 7-B, 10 a.m.-2 p.m. Info: 863-3818. Info: 863-3818.

GALA: FAIRFAIR + SPARKLEFAIR African dance ensemble, West African drum troupe, African American women's intersection of technology and culture. Mississ. Theater, Hopkins Center for the Arts, Brattleboro College, Hanover Rd., 7 p.m. \$25-\$35. Info: 802-256-3202.

OPEN MIC HIP-HOP CHANCE This year's new medium: 20-plus students perform original hip-hop beats. Green Stage, Burlington, 8-10 p.m. Info: 863-2435.

education

VERMONT DAY TRAIL PARK HIGH SCHOOL Students interested in hiking it out to learn about education, environment, service, training representatives. South Burlington High School, 10-11 a.m. Info: Vermont Environment Project, 2020.

arts

TECHNIQUE PERFECTION Policy decisions are applied to entrepreneurs. Authors and writers will also. Borealis Literary Editions, 2nd fl., 801-1/2 Main St., Burlington, 10 a.m.-3 p.m. Info: 863-3855.

TRANSFORM BURLINGTON Community-driven community transformation, a series approach and members' voices and input are decision-makers. One focus: Burlington, 10 a.m.-3 p.m. Info: 863-3855. Details: 863-3855.

faire & festivals

GRANDE MARCHÉ CANADIEN The 10th annual festival features a varied lineup of weekly performances, including stand-up, ice carving and live music. Get some international flavor from nearby Vermont. Dates: Various. Details: Peers vary. Info: 863-2501.

film

ART IN THE AIR: TWENTY FRESH FILMS ON SMALL TOWN AMERICA An offbeat compilation from independent filmmakers across the world. Details: Lake Champlain International Film Festival, Michael J. Hauseman Theatre, 977 Church St., 7 p.m. Info: 863-9374.

YONKAWA GARDEN Michael R. Jordan's Yonkawa Garden project, now in its second year, has been expanded and is spreading to Ocean Street in downtown Burlington. Details: St. John's University, 7th fl., 10 a.m.-4 p.m. Info: 863-2802.

LEVEL UP: GAME OF ADVENTURE An evening of tabletop gaming by local game masters and 20-30 others for the enjoyment of novices and pros. Journeymen Game Bar, Burlington, 7 p.m. Details: Burlington Gamers, 863-3818. Info: 863-3818.

INDIA'S TOP FILM FESTIVAL Indian cinema, films, Q&A sessions, panel discussions, Indian music from the legacy of Marti Poujol, 10 p.m. Info: 863-3818. Details: Big Picture Theatre and Cafe, Winooski, 51-53 Main St., Info: 863-3818. Info: 863-3818.

SPECIAL BY PHO

List your upcoming event here for free!

SUBMISSION DEADLINES

ALL SUBMISSIONS MUST BE RECEIVED BY NOON ON TUESDAY AT 1100N FOR CONSIDERATION IN THE FOLLOWING TWO MONTHS & NEARLY

PREVIOUS CONVENTION TUESDAYS AND THURSDAYS AT 1100N (EXCEPT CHRISTMAS DAY). YOU CAN ALSO SUBMIT YOUR EVENT TO THE CALENDAR EDITOR AT 1100N. PLEASE INCLUDE THE NAME OF EVENT, BRIEF DESCRIPTION, SPECIFIC LOCATION, DATE, TIME, COST AND CONTACT PHONE NUMBER.

CALENDAR EVENTS IN SEVEN DAYS:

LISTINGS AND SPECIALISTS ARE NOT RECD IN THIS SECTION. INFORMATION: EIGHT LINES FOR SPACES AND STYLE. BRIEFING: ONE OR ONE AND OTHER FACTORS. CLASSES AND WORKSHOPS MAY BE LISTED IN THIS SECTION. CLASSES OR CLASSES SECTION. WHEN APPROPRIATE, CLASS ORGANIZER'S NAME OR ADDRESS IS PROVIDED. ACROSS ALL SEVEN



Breaking News

After more than two decades reporting for trusted news sources such as ABC News, the Washington Post and National Public Radio, journalist Michele Norris has earned both professional accolades and the public's confidence. The sometime aerosolist is perhaps best known as a familiar voice on NPR's daily news program "All Things Considered," a post that made her a household name between 1994 and 2008. Now, Norris is at the helm of the Race Card Project, an initiative she developed to encourage meaningful dialogue about social issues. Grounded theory and ideology aside, her coverage of 9/11, Norris delves on the legitimate address at the University of Wisconsin-Milwaukee's Liedke King, By Day columnists.

MICHELE NORRIS

Monday January 25, 6:00PM, at the Alvin O'Bryan UVM in Burlington. Price: pass price, info: 863-3211, www.uvm.edu

JAN 21-23 | FAIRS & FESTIVALS

Hot in Here

Ruby, the cold and the West better stay to their things up there by taking in the 10th-annual Burlesque on display at the Vermont Burlesque Revue! Headliners include Solita, Miss Gothic (naturally), Madam Jones and the Queen of Lettuce head a burlesque lineup of local, national and international performers set to sashay across stages in Burlington and Stowe. The money raised stays with along Allardine, where audience members are treated to a commercial toast and a burlesque and comedy show. Temperatures continue to zero as performers in both ready and naughty await at 20 New Burlington. Want to get in on the action? Put your best foot forward in a variety of classes taught by local ladies and gents instructors.



VERMONT BURLESQUE FESTIVAL

Thursday, January 21 through Saturday, January 23, 2016, 8 p.m., Allardine, 20 New Burlington, Vermont, \$10-\$15, vermontburlesquefestival.com

All That Jazz

In 2015, the National Endowment for the Arts wrote of musician Charles Lloyd, "Whether playing standards, avant-garde or world music, Lloyd's emotional, elegant playing spans on hand-floor musicians." This soprano doesn't disappoint, hitting the stage with leading jazz guitarist and frequent collaborator Bill Frisell, drummer Eric Harland and bassist Reuben Rogers. The Memphis-born wailer began playing as a child and found his groove in the 1990s, recording with the likes of the Drums, the Rydas and the Beach Boys. Now, at 77, the post-bebopper continues to break new ground, as shown in his 2015 release *Old Man Blues*. Be hard-core jazz to compare early to Lloyd and Frisell till on their celebrated careers.

WED. 27 | MUSIC



CHARLES LLOYD & FRIENDS

Wednesday, January 27, 8 p.m., Sprague Auditorium, Middlebury College, Middlebury, Vt., \$30-\$40, billfrisell.com, reubenerogers.com

JAN 23 | FAIRS & FESTIVALS

Fruitful Fête

In the old English tradition of treading one's bolts, Chempain Orchards hosts its fourth annual Winter Wassail. Set on the orchard's sprawling pick-your-own grounds, this community celebration features fun for the whole family. Adventurous types who come bearing sleds, snowshoes and skis can explore the scenery on foot, while others go-dashing through the snow on sleigh and wagon rides. Hand-warming soap, bread and mulled cider find their way to frosty fingers around a crackling bonfire, where acoustic music sets a merry mood. The only calendar in a ceremonial crowning of the trees, during which guests offer gifts of apple-cider doughnuts, the orchard spirits in binges of a frosty winter's newest.

WINTER WASSAIL

Sunday, January 23, from matinée open noon to 6 p.m., 2-6 p.m., Chempain Orchards, 16 Shireview, Free, www.chempainorchards.com

PHOTO BY SPENCER HARRIS

JAN 22-23, 2016

LAWRENCE

LEADERSHIP

Health & Fitness

ADVANCED-ADULT CLASSES FOR FRACTURES BY FEMA & FITNESS INSTITUTE A group of experienced physiotherapists for fractures and long-term pain patients. Sipapu Studios, Burlington, 802-860-2288. 10 a.m.-1 p.m. Sat. intermediate. Limited space. \$40. fema.org

EXERCISE IN MUSCLES Exercises made of guided practices by Dr. Andrew D'Amato, alternative clinical services. See info at dams.com. 10 a.m.-11:30 a.m. Saturday. Burlington Center, 802-863-2145. Free. dams.com

GYMNASIAL FITNESS BODY CAMP Interested individuals receive a unique fitness training, a social and educational summer. Community Center Hall, 802-368-1300. gymcamp.com

FORZA: THE GYMNASIUM SWIMMING WORKSHOP Dry land swimming, breath control and water maintenance. Swimming, aquatic techniques of 100+ swimmers. Adults. For ages 14+. Burlington, 802-860-5140. forza.com

FILL UP THE SCHEDULES THIS WEEK **FOOTBALLERS SERIES:** 16-18 yrs. 7:30 p.m. Saturday. Mountain State, Burlington, 5-39-1. \$60 per session. Info: 758-5200.

GYROPOLE FORK Adults. An easy-to-learn introductory program on a heated surface. The Androscoggin Riverfront, Manchester, 5-45-575-2040. \$15. gyropolefork.com

PERSONAL INVEST MANAGEMENT & INSURANCE A small group from the University of Vermont presents a series of four events. Your Personal Finances, South Burlington, 8-45-4-8000. \$10. Are You Ready? Ferrisburgh, 802-867-0010.

PREDATOR TO DA CLASS Sat. 10 a.m.-12 p.m. 3/30-5/30. \$10.

Books

LITERACY Highly rated interesting fiction, nonfiction, developmental, Juvenile Fiction, Library Catalogues. 4-6 p.m. Free. vtlib.org

PLAYFRESH PRESCHOOL STORY TIME Tuesdays 10:30 a.m. through the month of February. 10 a.m. 10:30 a.m. vtlib.org

PRESCHOOL MUSIC Babies and their caregivers. Tuesdays 10:30 a.m. through April. 10:30 a.m. 10:45 a.m. vtlib.org

PRESCHOOL STORY TIME Captivating stories, songs and rhymes for children ages 3-5. Tuesdays 10:30 a.m. through April. 10:30 a.m. vtlib.org

PLAYIN' IT AGAIN: THE THERAPY SOB Bookends. A monthly meeting for recovering alcoholics. 7-8 p.m. Tuesdays. American Legion, Route 34, Winooski. Free. vtlib.org

SEA MONSTERS & PRE-HISTORIC ADVENTURE: Sat. 10 a.m.-12 p.m.

THURSDAY PLAT TIME Children and their adult caregivers come together for conversation. Dining room. Mountain Library, Williston, 7-11 a.m. vtlib.org

Art

SAT. DAY WORKSHOPS Two-hour-long sessions designed and taught by a team of six artists who have been invited to teach in their field. Saturday evenings 6:30 p.m. at Chocolate House Theatre, Main Street, Montpelier. chocolatetheatre.com

SALOONIST The Saloon, a rustic firewood cabin, measures the success of this popular number. Last year, Jacques Clegg Quigley (aka French Montana) performed his show at the Saloonist. saloonist.com

SEVEN QUARTET Seven is a band. The Mountain College Performing Arts Series brings quodlibet to ensemble performances as a program. Details follow.

July. Mountain Center for the Performing Arts, Middlebury College, 7-8 p.m. Free. mca.org

Jeffrey D. Evans

COMPLICATIONS OF TIME Students get down to business before the pen begins. Process involves the study of grammar and connecting word structures. High. Burlington, 8-30 a.m.-1 p.m. Free. vtlib.org

ELEMENTAL MAGIC SERIES: AIR Elementary science experiments for children ages 5-10. Materials included. Community Room, Hungry Hollow in Croydon. vtlib.org

Jeffrey D. Evans

CRAFTS IN STONE The researcher at art and artifacts, students discover how the art of stone cutting and lettering can complement their environment. Adults. vtlib.org

DAVIE MILLIS Davie Millis conducts a Master Lecture Series. 10 a.m.-10:30 a.m. vtlib.org

DRIVE-IN WHALEWATCHING The Global Communication Initiative (GCI) offers tours of our oceans in search of humpback whales. vtlib.org

DR. LUCAS & KAREN Chemistry of Vermont series: observe Dr. Lucas' *Water* illustrated by Karen's interactivity and hand experiments. Shaws, Champlain College, Burlington, 10 a.m.-12 p.m. vtlib.org

DYSRHYTHMIA LIBRARY PROJECT Author Peter Capra volunteers Facilitator Readings. vtlib.org

EMERSON MICHIGAN LIBRARY Books. vtlib.org

THIRD THURSDAY LUNCH SERIES 10 a.m. 10:30 a.m. Vermont Department of Fish & Wildlife explores the impact of invasive species on lakes and focus on ways to mitigate invasions. vtlib.org

THE MARKET PROJECT Vermont Artists. vtlib.org

THEATRE Performers present a variety of readings of Shakespeare's masterpieces. vtlib.org

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**2016 SPRING SEMESTER PERFORMANCES**

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After You Chanticleer Orchestra and
Eric Herzer — "Caravan"

1/10

Hass Halawani and VOXES —
"If Music Be the Food of Love"

2/16

Mike Karasagic, guitar

2/10

Valentine's Day with the Piatnick O'Callaghan
Trio — "A Thousand Rivers Bring"

2/10

The Solo Workshop — "Sounding Down"

3/18

Actors from the London Stage —
"A Midsummer Night's Dream"

3/25-3/26



HarlemQuartet with McKeehan, violin

3/28

Sierra Divante

3/4

On Tapas Update

3/11

St. Patrick's Day with Denish

3/19

Steel/Bitter End

4/7

Dever Quartet

4/22

Sequela — "The Monk Singt die Psalme"

4/29

David Kaplan, piano and Caroline Shaw,
organ/piano/vocals

5/18



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calendar

LIST YOUR EVENT FOR FREE AT www.ew.com/list

SAT 24 & SUN 25

STRETCH & SHIP TOTAL Register at www.stretchandship.com to book the movement-themed dog night featuring spooling-the-line, unicycles or Ring of Groucho-style walks. Tap Room, The Tap House, 1500 University Avenue, Eugene, OR 97403, 541-345-5865.

arts

FRANCO FUNKIN Four exciting music, dance, film and more delights adults and kids, ages 10-12, at the Eugene French Fringe Festival, Tap Room, 1500 University Ave., Eugene, OR 97403, 541-345-5865.

SEA MONSTERS: A PREHISTORIC ADVENTURE, Sat 10AM-12PM

photographs

GRANDMOTHER-FRIEND CONVERSATION Parent and grandparent practice the tongue-in-cheek deportment. Fletcher Free Library, 1st floor, 3rd flr., 401 3rd St., Albany, NY 12206, 518-437-3848.

dogging

DAT DOG WALK: WINTER WOOLYWOODY, Sat 10AM-12PM

LAWING FINE ARTS GROUP: A knitting, crocheting, sewing or cross-stitch session for all ages, parents, children and seniors. Lawing Fine Arts, 1000 Empire Boulevard, 2nd flr., Albany, NY 12206, 518-437-3848.

microbrew

CONSPIRACY, Sat 10AM-12PM

music

BLAZIN' The bluesy, bluesy singing meets its signature audience members in a pitch-perfect performance. West End Galore, 1019 Franklin, 1st flr., 502-261-1800. westendgalore.com.

CAPITOL CITY CONCERTS: Songs with stories from Bruce Springsteen, Alanis Morissette, Hall & Oates, Bruce Hornsby, and more. Capitol City Concerts, 1000 Empire Boulevard, 2nd flr., Albany, NY 12206, 518-437-3848.

CRACKERS: Hosted by Lucy and Johnny Hancock, crafting for a variety of projects available to fully funded projects. \$10. 1000 Empire Boulevard, 1st flr., Albany, NY 12206, 518-437-3848.

FREIGHT REEF FULL: Join our friendly Enviro-Friendly team for a few hours of work at Evans Creek Greenway's Pinhook Trail. 1000 Empire Blvd., Albany, NY 12206, 518-437-3848.

GO TIME MUSIC IN JAM: Acoustic and electric concert by Tim Heuser and Jim Goss, 6pm-8pm, at a local pub. \$10. 1000 Empire Boulevard, Albany, NY 12206, 518-437-3848.

PARKS ENTHUSIASTS PARK: Meet neighbors with shared interests in the outdoors. Activities like hiking, trail running, mountain biking, and more. Tap Room, 1500 University Ave., Eugene, OR 97403, 541-345-5865.

outdoors

WINTER TRAIL & MISSION: Nature traps, signs & prints in tools, books and guides for kids to disseminate environmental science. Green Resource Institute, 1000 Empire Boulevard, 1st flr., Sat 10AM-1pm, 518-437-3848.

sports

PROGRESSIVE LEAGUE SOCCER: Grade-leading ladies of varying skill levels break a season with this team. Open season, open to anyone for the first year. Sat, 10AM-11:30AM, Robert Miller Community Center, 400 Worcester Drive, Binghamton, NY 13901, 601-324-5000.

teens

FAITH & STAMMER: The rock 'n' roll stage "Philosophers" mandates their musical/guitar virtuoso

act with his rockabilly band—the rockin' choice of the year. Etherelic Hotel, 1000 Empire Boulevard, Eugene, OR 97403, 541-345-5865.

MON. 25

arts

OPEN STUDIO: SATURDAY

community

PISTOL LINES, GUNS & GUNS TRAINING: An open discussion on gun safety, gun rights and gun control, with speakers sharing a personal experience in the field. 10am to 1pm. Russell Fire Station, 530 3rd St., Troy, NY 12180, 518-359-1900.

decade

CHRONIC FREEDOM: Earth Day, 10:30am and 1pm, a slate of eco-friendly events, including a plant swap, a zero-waste workshop, a recycling station, a composting demonstration, and a free meal. Tap Room, 1500 University Ave., Eugene, OR 97403, 541-202-9100.

EALIS HORCHER: Comedian Eric Horcher and just one of the comic miscreants backstage and on stage. Hayfield Studios, 101 Franklin, Eugene, OR 97401, 541-747-0515.

etc.

TECHNIQUE RETROFIT, Sat 10AM-12PM

TECHNIQUE NIGHT: Beginner to advanced levels and students through Leaders by appointment. Sunday, 10am to 1pm. Memorial Library, 1000 Empire Blvd., Albany, NY 12206, 518-437-3848.

WEYDOLI BASHIABLE: To celebrate and get out! Get involved in the bash, it's a chance to have radio stations, musicians, comedians, food trucks, and more. 1000 Empire Boulevard, 1st flr., Albany, NY 12206.

fairs & festivals

STEVE WINTER CARNIVAL, Sat 9AM-3PM

film

LIVING IN THE AGE OF AIRPLANES: See NTS 26.

food & drink

CHOCOLATE & COFFEE KIDS: Sat 10AM-12PM, 518-437-3848. Perfect for kids ages 4-12, and their way through a hands-on Kitchen session.

PIZZA MYSTERY: Mystery pizza-making with a twist. 1000 Empire Boulevard, 1st flr., Albany, NY 12206, 518-437-3848.

getaways

PROSCHE CLUB: SPRING 2013 TOUR: Hager-Jones, racing the physics and aerodynamics of classic or pre-war German cars, 1000 Empire Boulevard, Albany, NY 12206, 518-437-3848.

PROGRESSIVE LEAGUE: Grade-leading ladies of varying skill levels break a season with this team. Open season, open to anyone for the first year. Sat, 10AM-11:30AM, Robert Miller Community Center, 400 Worcester Drive, Binghamton, NY 13901, 601-324-5000.

REDWOOD FLOOR SHOW, Sat 9AM-2PM

WHY IT'S NICE TO HAVE A HOME, Sat 9AM-2PM

PRINCETON REGIONAL, Sat 9AM-2PM

PRINCETON, YOGA CLASS, Sat 9AM-2PM

SLIPPED DISK, Sat 10AM-12PM, Robert Miller Community Center, 400 Worcester Drive, Binghamton, NY 13901, 601-324-5000.

RECORDED COMMUNITY: TOWER SONG, Sat 10AM-12PM

VINTAGE PLUM: Clothing fit for today but made

expensive by yesterday's standards. The vintage

collective, Bortherton Hair Team, 1000 Empire Blvd., Albany, NY 12206.

summa See NTS 26.

arts

DRAGONS & DRAGONS: PLAT-A-SAT STORY

TOM: Tales and lessons about zip codes in 1960s New York and the 1980s New York City streets and playgrounds. 1000 Empire Boulevard, Albany, NY 12206, 518-437-3848.

MASS 47: BOSTON 1940: Come follow the greatest Boston football team of the 1940s—minus mistakes between the fumbles, blunders, stiffs, Myron Loring, William D. O'Connor, Fred Pregler, Eddie Lewis, Eddie O'Brien, and more.

PREHISTOLOGY: See NTS 26.

PREHISTORIC STORY, Sat 9AM-12PM

ROBERT'S NEWEST PLATFORM: Natural AC and electronics through radios and headphones. 1000 Empire Boulevard, Albany, NY 12206, 518-437-3848.

SEA MONSTERS: A PREHISTORIC ADVENTURE, Sat 10AM-12PM

THEATER CLUB: What's new for performing arts? 1000 Empire Boulevard, Albany, NY 12206, 518-437-3848.

TECHNIQUE: Beginner to advanced levels and students through Leaders by appointment. Sunday, 10am to 1pm. Memorial Library, 1000 Empire Blvd., Albany, NY 12206, 518-437-3848.

WEYDOLI BASHIABLE: To celebrate and get out! Get involved in the bash, it's a chance to have radio stations, musicians, comedians, food trucks, and more. 1000 Empire Boulevard, Albany, NY 12206.

summertime

SARASAKA: OPEN RESERVA: Sarasakas are here to help you with all of your day-to-day living needs, from basic maintenance to repair services. No minimum or equipment required. 1000 Empire Boulevard, Albany, NY 12206, 518-437-3848.

arts

HORN AND COFFEE: Real coffee, open space, where live live music and art. It's their place, their local artists, who live there. 1000 Empire Boulevard, Albany, NY 12206.

MARTINI & COCKTAILS: Martini and cocktails, plus a variety of appetizers. 1000 Empire Boulevard, Albany, NY 12206.

PIZZA MYSTERY: Mystery pizza-making with a twist. 1000 Empire Boulevard, Albany, NY 12206, 518-437-3848.

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theater

SHAKESPEARE SALON: Period-themed plays, dinner, Shakespeare Festival members (and their families) and lots of fun. 1000 Empire Boulevard, Albany, NY 12206, 518-437-3848.

THREE CHAMBERS: EGYPT DRAMA: Involves a mix of theater and education. 1000 Empire Boulevard, Albany, NY 12206, 518-437-3848.

THREE CHAMBERS: WRITING WORKSHOP: Let them teach you how to write a story. 1000 Empire Boulevard, Albany, NY 12206, 518-437-3848.

THREE CHAMBERS: YOGA: Classes for all levels, including prenatal, postnatal, and children. 1000 Empire Boulevard, Albany, NY 12206, 518-437-3848.

events

MONDAY LIBRARY WRITING WORKSHOP: Let them teach you how to write a story. 1000 Empire Boulevard, Albany, NY 12206, 518-437-3848.

SPRING & SUMMER LISTS: Programs for people of all ages, including children, teens, and adults. 1000 Empire Boulevard, Albany, NY 12206, 518-437-3848.

TUE. 26

agriculture

WILDFIRE FARM SHOW: From barrel-imbued kombucha to the most delicious organic jams, jams, jellies, and preserves, the Wildfire Farm Show is a must-see event. 1000 Empire Boulevard, Albany, NY 12206, 518-437-3848.

arts

WINTER TOWER ART DAY: Winter-themed interactive installations invite visitors to explore the magic of the day. Tap Room, 1500 University Ave., Eugene, OR 97403, 541-345-5865.

arts

BEST FRIENDS SEMINAR: Folks seeking friends and family members to play in the ways of the best friends. 1000 Empire Boulevard, Albany, NY 12206, 518-437-3848.

community

FAIR TRADE FRUIT & VEGETABLE MARKET: See NTS 26.

TAKEOUT TONIGHT: Takeout Monday evenings. 1000 Empire Boulevard, Albany, NY 12206, 518-437-3848.

WINTER WINE & CHOCOLATE FESTIVAL: Wine, chocolate, and more. 1000 Empire Boulevard, Albany, NY 12206, 518-437-3848.

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arts & events

WINTER WINE & CHOCOLATE: See NTS 26.

arts

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calendar

TUESDAY, FEB. 13

Entertainment

LA CASSIERS: FRENCH CONVERSATION Author Sophie Gauvin offers free French conversation for people who speak English as their first language. 7 p.m., Feb. 13, at the Cambridge Building, 101 Main St., Freeport. 542-6995.

PARIS: LA CAFFÈ FRENCH CONVERSATION French language teacher Sophie Gauvin, originally from France, offers French conversation for people who speak English as their first language. 7 p.m., Feb. 13, at the Cambridge Building, 101 Main St., Freeport. 542-6995.

Arts

DAD INVENTION SAMPLER Prints of artist's work and personal items from inventors share creativity and innovation. Prints and sketches by inventors will be on display at the Q Burke Hotel & Conference Center, 101 Main St., Freeport. 542-6995. Info: 542-2923.

WILD BOAR 3-D ART Emily and company will be at the studio with Wild Boar 3-D Prints from the 700-plus albums. See Emily Williams Rymer, 201 Main Street, Wiscasset. 543-8113. Info: 542-2923.

HIGH-TECH 3-D PRINT Emily and company will be at the studio with Wild Boar 3-D Prints from the 700-plus albums. See Emily Williams Rymer, 201 Main Street, Wiscasset. 543-8113. Info: 542-2923.

HEALTH CARE: AN INFORMED QUESTION TO **HEALTH CARE** Members of the Central Services Caucus, U.S. Sen. Amy Chua (D-Calif.), will speak about the Affordable Care Act's provisions on cancer treatment. 6 p.m., Feb. 13, at the Central Services Caucus Room, 3rd Floor, Dirksen Senate Office Building, 2500 Pennsylvania Ave. NW, Washington, D.C. 20510.

SOCIAL JUSTICE AND LITERACY WORKSHOP FOR CHILD CARE PROVIDERS Vermont Early Learning Institute hosts a day-long session focused on education, self-regulation, and self-care.

AN INTRODUCTORY TRAINING FOR CHILD CARE PROVIDERS AND CHILD CARE FACILITATORS. 9 a.m.-3 p.m., Feb. 13, at the Central Services Caucus Room, 3rd Floor, Dirksen Senate Office Building, 2500 Pennsylvania Ave. NW, Washington, D.C. 20510. Info: 542-4866.

Books

KIDNEY 1010 The University of Vermont professor presents his knowledge at "My Health in Mine: Kidney Disease: Knowledge is Power, Responsibility and Legal Considerations." 10 a.m.-noon, Lecture Hall, University Building, 101 Main Street, Freeport. 4-203-884-7109. Info: 423-2986.

Events

ARTIST IN RESIDENCE Eric Lomax, The Berliner Art Studio, Music, Dance, and Movement, will teach a class titled "The Art of Movement" that explores movement through art. 10 a.m.-12 p.m., Freeport Library, Cambridge St., Freeport. 542-3883.

TRAVEL VISIONS EXHIBITION

INFORMATION featuring travel booklets and information on professional services for travel around the world. 10 a.m.-4 p.m., Freeport Public Library, 101 Main St., Freeport. 542-3883. Info: 542-2923.

WRITING SALON Poets & Guests present poems and readings of all varieties. Second and third Thursday of the month. 7 p.m., Freeport Library, 101 Main St., Freeport. 542-3883. Info: 542-2923.

WED. 27

entertainment

THEATRE ALLIANCE OF VERMONT PRESENTATION General admission and discounted tickets for a presentation on the past, present, and future of

theatre in the universities, colleges, library, arts, and more. 5 p.m., Freeport. 542-4866.

Education

SMALL SCALE HIGH-MODERN CRAFT FAIR

Markets from local artisans and small-scale, eco-friendly brands. 10 a.m.-4 p.m., Saturday, Feb. 13, at the Freeport Library, 101 Main St., Freeport. 542-3883.

WILDER FARM FARM SHOW

See YARD 26, 50 a.m.-7 p.m.

CELE

HEALING ARTS FOR WOMEN WITH INFECTIOUS DISEASE

See PGS 27.

LIVE CHORAL

See PG 26.

MIXED MEDIA COLLAGE WORKSHOP

See AFG 20.

Community

BUTTERFLY GARDEN PARTY

See AFG 20.

COOK'S BASIC GROUP

Unlimited projects. See AFG 20. Contact: Debbie Kiffing, Homestead Laundry, Wiscasset. 10 a.m.-noon. Free. Info: 542-3883.

GYMBOREE & HIGHLIGHTERS

See PG 20.

Events

WILDLIFE PARTY

See PG 20.

DRIP IT UP: RIFLE DRILL

See PG 20.

FEST

FOOT WITHTHECLUB

See PG 20.

TURBINE CELEBRATION

See PG 20.

Food & Features

STORIE'S WINTER CARNIVAL

See PG 20.

Alles

BLURRED BOUNDARIES IN THE ART OF IMPRESSION

Freeport High School students have developed the art of visual dimensions between Spanish Dance and Creative Motion. 1:30-3 p.m., Free. Info: 542-3883.

BAVARIAN MOUNTAIN FILM FESTIVAL

Mountain-themed films and outdoor entertainment from the spiritual universe anti-social films and documentaries. Lucerne Valley Cabin House, 101 Main St., Free. Info: 542-3883.

LIVING IN THIS AGE OF INFORMATION

See AFG 20.

A MONEY SPAYER HABIT

A money manager knows how to live within his means. See AFG 20.

Living

WANT TO BE A MONEY SPAYER?

See AFG 20.

MENTAL TRAINING TIPS

Good health is all about the habits of three major basic skills: eating the right foods, getting the right amount of exercise, and getting enough sleep.

See AFG 20.

Food & Drink

COMMUNITY LUNCH

Friends and neighbors eat healthy meals together. See PG 20.

GYMBOREE

ADULT GYMBOREE & EDUCATION: MARCH 14

Members: \$15. Non-members: \$20. Contact: Debbie Kiffing, Homestead Laundry, Wiscasset. 10 a.m.-noon. Cost of meal and drink. Info: 542-3883.

INDOOR CLIMB

See PG 20.

Celebrate Valentine's Day in the new Q Burke Hotel & Conference Center

LOVE ON THE MOUNTAIN

DINNER & COMEDY SHOW - SUNDAY FEB. 14, 7:00 PM

Spend the night and save up to 30%



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Pick up a sweetie at the

SEVEN DAYS

SINGLES PARTY

presented by THE ORIGINAL
SAILOR JERRY
SPICED RUM
90 PROOF

THURSDAY, FEBRUARY 11
6:30-9:30 PM, FREE, 21+



185 PEARL STREET
BURLINGTON

- Music and dancing with DJ Craig Mitchell
- Cocktails featuring Sailor Jerry Spiced Rum
- Speed dating, pool and foosball
- Prizes & giveaways



Visit sevendaysvt.com to register for speed dating

On their latest record, Cracker pulled a fiction. For one thing, that record is actually two records, a double album called *Berkley vs. Bakersfield*. For another, the band, which has built a 20-plus-year career fusing country, punk and Britpop, made a conscious effort to tease apart its formative influences into two distinctly different-sounding collections. Berkley is a rawdy amalgam of rock that leans as heavily on lonesome duo David Lowery and Johnny Hickman's northern California punk roots as it does on their shared affinity for the offbeat work of the Kinks. Bakersfield, meanwhile, is an exploration of and homage to the twangy sounds of that California city and some country music history.

A version of Cracker dubbed the Trappy Trio — that's Lowery, Hickman and Matt "Porto" Stessl — will perform an acoustic show at the Margarita Opera House on Sunday, January 26. In advance of that show, we caught up with Hickman by phone and asked him about the new album, the changing landscape of the music industry and his bandmate Lowery's recent liaison with streaming music behemoth Spotify.

SEVEN DAYS: Cracker has always drawn influences from, and merged, rock and country. Why especially separate the two for the double album?

JOHNNY HICKMAN: From the very first record, David and I decided not to include any of our influences. We both love country, punk, R&B rock. So when we write, it naturally comes out because we're in our DNA. Just before the first record, David had gotten *Vincent Bitterness*, which had a good five or six-year run. And I'd been playing up in Bakersfield, after a bunch of punk bands. I just wanted to explore that Bakersfield thing, because country had always been a part of my upbringing. So when we got together, we tried to invent that the whole way through. And there's a little bit of that on every record.

This time around, David suggested we do two different sets, because it sounded like we had two completely different sets of music. And we recorded



Drawn Together, Pulled Apart

Talking with Cracker's Johnny Hickman

BY DAH ROLLES

them with two different bases, which brought it even more in that direction. So it just naturally went that way. It was a little risky, a little crazy. One, who does a double record anymore? Usually that just means you've got too many songs, maybe enough for one good record. I even think that about the White Album

making influences, but we make a living and get to do what we love to do.

SD: Speaking of making a living, has there been any movement on the Spotify lawsuit?

JH: That's up and running. We'll see where it goes. I think David took the right approach to do what's right and make sure we get paid, which is basically what it comes down to. You have these streaming companies that are barely trickling down pennies per song to the artist. So someone like Taylor Swift pulls her songs down. She doesn't need the money. It's about the principle. And other people have done it, too. It's just the way it should be structured.

SD: David, that's really ferrite to make those connections across the planet that have helped to wease us way into the business. It's an honor to have people of that caliber use what you've done. For a band like us, we've never been huge. We're a road-level, cab-hailing kind of band, which suits us just fine. We're not

making influences, but we make a living and get to do what we love to do.

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So what David is saying is that it's not just morally wrong, what they're doing. It's illegal. David has a degree in math and teaches a music business finance course at the University of Georgia. So he's got two and two together and realized that these companies are infringing

on copyright laws. Some people don't realize that, you know, it's intellectual property. We invent these songs, they're expensive to record and take time to make, and it shouldn't be free. We will give stuff away, like tracks or a song from a new album that people can download, but that should be our decision, not somebody else's.

SD: It's something I struggle with as a fan. I use and pay for Spotify. And I enjoy it. But when I look at the \$10 a month I spend compared to the luxury of having practically the entirety of recorded music at my fingertips, something doesn't add up.

JH: We realize that streaming isn't going away. It's where the industry is heading. The issue is getting to a point with the streaming services where we get a fair cut. If you want to hear our coffee

soundbites

BY DANI BOLLES



Wakeup Call

It's late January, which traditionally means things are kind of slow on the local music scene. Though the typical winter chillouts haven't been quite as slow in recent years as they once were, the period from New Year's Eve to, oh, Saint Patrick's Day is still relatively quiet. That's partly because the frigid hellospe of winter makes rather ideal time to hunker down, rather than hitting the clubs with the fervor and frequency we might come June. For normal folks, that means blog-watching Nettie — and maybe bago-drinking hot toddies — in the cozy comfort of home. For musicians, that often means heading down to the studio making the records that will rock in once warmer months finally come. And even though we all know those warmer days are indeed coming, in the bleak midwinter it can be easy to lose sight and willow in the darkness. The endless, yes, darkness.

Where was I? Ah, yeah. Considering my cabin fever induced seasonal affective disorder (AK work not to play makes Dan a dull boy).

Especially this time of year, little reminders of what lies ahead can do wonders for our collective mental well-being. For fans of local music, these reminders typically take the form of

announcements from any and all of the roughly 43,562 summer music festivals that will shell us from May through September. As luck would have it, this week we have an early look at one of our favorites: *Waking Windows*.

Savvy fave likely already know that early bird tickets for the ultra hip Crossroads festival went on sale last week. And the amount of those likely jumped as the discounted tickets — \$45 for the whole weekend. Even at full price, WW is, dollar for dollar, the best festie in Vermont, and maybe the entire Northeast.

What those fave didn't know is what they were buying in to. WW plans to make a larger announcement on February 1, but collate [www.wakeawaken.com](#) was kind enough to leak some of the acts who will be rockin' round the roostabout in May.

The big name is **MARSHMELLO**. The recent Menge Records signees last played Vermont in May 2013, under the aegis of *Waking Windows Presents*. Reign notes that the first time they were here was three years ago for a living room show. The lesson, as always,

is you never know who you might see at a living room underground music show in VT.

Several other bands on the WW's slate also have oily connections to VT and the festival. For example, **LADY LAMB**, the Minot native has made Burlington a regular stop in recent years, but she played her first VT show at the Marley House, the unofficial home of *Waking Windows*, six years ago. That was, presumably, when she still kept busy. Last summer, Lady Lamb opened for the omnivores at the *Whistler Musicfest* as part of the Ben & Jerry's Concerts on the Green series, which should tell it all how her career has progressed since.

Rockers like our cover band last year's festival, and they're coming back for more this year. Portland, Maine's **JAMIE & THE JAMMIES** have played almost every WW fest. They'll be back after hitting the road with *Marley & Marley* — including a gig with the latter at the Higher Ground Ballroom in South Burlington on Wednesday, January 20. Rounding out the nonlocal talents are Montreal's **PANTS AND ANIMALS**, whom Reign describes as "epicentres." Over the years, I've learned to trust Pandy when it comes to all things measure, musically speaking.

Reagan also dished on some locals you are guaranteed for the fest, including **BRUNO FRANCIS**, **NATHAN SPEED**, **CAROLINE KODI**, **DISCOPHANTOM** and his own band, **PAPER CAVES**. But you can bet that list will multiply by the first weekend of May. After all, even with the increasingly quirky international names, the backbone of *Waking Windows* remains its hometown talent.

Oh, and speaking of gassy names. It should go without that the previous bands are, er, the headless. Reagan is keeping that info under lock and key for the time being. But that should give you an idea of the caliber of bands we can expect.

Waking Windows runs from May 8-11 in locations all over Winooski. A limited number of early-bird tickets are available via [wakingwindows.com](#).

SOUNDBITES BY DANI

HIGHER GROUND



THU 1/23 *101.1 The Pearl presents: Grasshopper Bluegrass*
Hinesburg 5-11:30pm

FRI 1/24 *Montana Party*
featuring Béatrice, Jordan & Zedern & Gabe of *Twiddle*
Steffen, Brattleboro

SAT 1/25 *Make Veterans Count*
Bellows Falls / See Details

SUN 1/26 *Tac Miller*
See Details

FRI 1/29 *Just Listen: Broken Windows*
Dead Sessions

SAT 1/30 *Liquid Stranger*
South Burlington

SUN 1/31 *Marissa's Trench*
Marion

WED 2/3 *Lotus*
The Edge

THU 2/4 *Black Tiger Sex Machine*
South Burlington

FRI 2/5 *Red Eye Fish*
Garrison Legend, The Mason

JUST ANNOUNCED —

EE, NO BO Blue Bird
BBQ Joint Cross
420 Club
800 Clubhouse

• 101.1 Winooski Tues 7-9pm Burlington
• 88.7 WPTZ-TV 2/27
• @LiveCulture
• [LiveCultureTV.com](#)

Live Culture
VERMONT ARTS NEWS + VIEWS

SKI & RIDE WITH THE POINT!

OUR 25TH SEASON
CONTINUES WITH A
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FRIDAY 1/22 AT
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GET
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GET THE POINT... WITH LONG SETS OF WORLD CLASS ROCK EVERY HOUR!



Drawn Together, Pulled Apart

editing, that's fine, as long as we get to set our beat, in the old saying goes.

I think the solution is in the process of being invented. And hopefully that's what happens as a result of David's lawsuit and other musicians' groups that are trying to get in a square deal. Lameau, though the guys there have been complicit that don't pay artists their fair share and others that do, and everything in between. That's the way my industry works. Artists have been getting ripped off forever. That's nothing new.

SB So how do you avoid getting screwed over?

JH A lot of it is having the right management people who will watch out for you. In the case of David, he's a sharp man, and not many people can pull the wool over his eyes. Mick Jagger is the same way with the Stones. He went to the London School of Economics, and he very much:

More and more, with the DIY way things are now, it's really important to know, or have someone who knows that staff and can use all of the little arts of ways money can be taken from you.

SB In your mind, what are the best and worst things about how the music industry has changed since you first started?

JH The downside of it is that people don't seem to have the same respect for the creation of music that they did. I think it's because more important to be a good live band, which is something we've always prided ourselves on being. You can make a record now, but it takes guts to be a scrappy little band doing your own management, making your own marketing and going out on the road.

I produced this band in Denver called the Swingers. They got a deal on Bloodshot Records, and we spent a lot of

IT TAKES GUTS TO BE A SCRAPPY LITTLE BAND DOING YOUR OWN MANAGEMENT, MAKING YOUR OWN MERCHANDISE AND GOING OUT ON THE ROAD.

JOHNNY HICKMAN

time trying to make sure they were going to be taken care of. But they're doing what they're supposed to do: They're out on the road, playing and playing. And when they get home, they do laundry and get back out on the road. That's how we started. It may cost you a relationship or two, but that's what you do when you perform for a living. You perform, and you better be damn good at it and work hard.

SB And the upside?

JH The upside is that artists can do all that themselves. Most young artists I know are relatively savvy when it comes to promoting themselves, booking, all of that. They realize that they can chart their own careers. And I think that's fantastic. That's what happened in the beginning of indie rock, which is where it all came from. Bands like Cocteau Twins, the Jesus and Mary Chain, that label didn't know what to do with, they did it themselves, before the account, pricing them out and "fucking it." It's the same thing today. The DIY approach to create your own career from the ground up. That's how the Crooked Coopper Van Bethunes began — David writing re-labels like SST and asking, "Well, how do you do that?"

INFO

Crooked Coopper Van Bethunes January 24, 8 p.m., at the Regency Room House, \$17.95, tinyurl.com/crookvan



Andrew Palley

SOUNDbites

CONTINUED FROM PAGE 5

Bites in Brief

It's been a while since last we heard from Vermont export JARRELL THOMPSON—but the soaring Nashville country star is back in his home state this week in support of a deeply worthy cause. On Saturday, January 23, he headlines a benefit show called Make Veterans Count at the Higher Ground Ballroom, with support from local country band the Wimowehs. Proceeds from the gig go to Veterans Count, a national vets' organization that recently opened a chapter in Vermont. All of the money raised at the show will remain in-state to aid local veterans.

The plight of American veterans has long been an important issue in

Thompson's life; peace has helped raise money for the Imperial Pages Heroes Fund. Most recently he teamed up with an Atlanta-based group called Battle Scars to work on a documentary/charity video project called Ghosts in the Eyes—that also released a Thompson EP of the same name. The film takes a hard look at the struggles faced by soldiers returning home from combat with PTSD and the phenomena of self-till illness today, not only on the soldiers themselves but on their families and communities. If you've been to a local movie theater recently, you might have seen the trailer for it.

Speaking of exports, ANDREW PALLEY from your grizz band the STAGS



JONATHAN PHILIPPS

has, makes a homecoming stop this week. On Tuesday, January 26, he'll be at the Light Club Lamp Shop with a band featuring, formerly of CHAMBERLAIN.

Since leaving Burlington for Brooklyn and then Chicago, Palley has toured all over the U.S. and Europe with the Stag's. He's also carved out a successful career as a solo artist, touring Europe twice in 2013 and releasing a new record, *Songs for Zweig City*, on Flex Records.

Last but not least, *Smash Mouth*'s death last week sent shock waves of sadness around the globe. In Vermonia, a number of tributes were offered to the late pop-cultural icon. *Smash Mouth* offered a touching and really good rendition of "I'm the World's End Down," *Smash Mouth* offered a Mandarinized version of "Stairway," which was even better.

Last Saturday, Radio Bean held a celebration of the Thin White Duke's life, called Ziggy's Death A Walk for David Bowie, featuring live performances and a funeral parade. I couldn't attend, but it can only rangeas it was every bit as weird and wonderful as any such an event at the Bean can be. In other words, a perfect tribute to the man.

If you missed that last one, the Bean will play host to another Bowie bash this Friday, January 23. Local surf-punk-folksters MARRAKASH will serve as the backing band for a collection of sea-local singers, including ROBERT WEAVER, *WOMAN TRAXX* ROBBY HAGGETT JR., and *ROCKIN' RAZORBLADE* DUSTY DUSTIN and DEANNE DUSTIN. *MARRAKASH* notes that the show will likely focus mainly on Bowie's glam era, with "probably nothing from *Labyrinth* or *Tin Machine*."

Help! I guess I'll return the overtime napkins I thought last week. ☺

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PHOTO BY JEFFREY BROWN

11 LEB 10 2014

JONATHAN PHILIPPS

COURTESY

WED. 20

Burleighport

MISTERIOUS *One Way Truth* 7:30 p.m. free.THE EASY PLANET *There* Peterborough [See Capsule, p. 8] 8 p.m. free.THE GARDENERS *At Evolution* Northampton [See Capsule, p. 8] 8 p.m. free. **MONDAY SPEECHLESS** Diane Neal [Solo] 2 p.m. free. Aquarius [See Capsule, p. 8] 8 p.m. free.JETSETTER *Futuristic* [With David J] 7 p.m. free. Marquee [See Capsule, p. 8] 8 p.m. free.

JUNIPER Taylor-West, Ophelia "One Day" 7 p.m. free.

LIGHT CLUB LAMP *2000+* Matt Gossman & Friends 7 p.m. free. Night Ambush, Merriam, Andover. \$10-\$12. 8 p.m. free.MANHATTAN PIZZA & PIZZAS *Even the nachi has a hot dog* 8 p.m. free.NECTAR'S *Wind Nights* with Mike & the Moonpies 7 p.m. free. 211 Main, Holyoke. \$10. 8 p.m. 8:30 p.m. 9 p.m. free.RADIX REBEL *Recommendation* 2010/11 8:30 p.m. free.RADIX REBEL *A Rockin' Night* 8 p.m. free.THE ROLLING STONES *Just Friends* *Accidental Sex* 8 p.m. free. 9:30 Clubhouse.WEEHAWK COAST CRUISE *Stompin' Grounds* 7 p.m. free. 10 p.m.ZEN LOUNGE *Reckonances* Extonians [See Capsule, p. 8] 8 p.m. free.chilltenden economy *Higher Ground* 7 p.m. free. Higher Ground, 100 Franklin St., Lowell. Jim James [Solo] 8 p.m. 9 p.m. \$20-\$25.HIGHER GROUND *CHORALIA* 7 p.m. free. Higher Ground, 100 Franklin St., Lowell. Jim James [Solo] 8 p.m. 9 p.m. \$20-\$25.HORNBY HOUSE *Two Tones* Paul McVeigh 8 p.m. free. 10 a.m.-1 p.m.ON TAP BAR & GRILL *Concerts* 10 p.m. free.Barney's *Barney's Speeller* *Barney's Basics in American* 6 p.m. Peppa Pighouse [See Capsule, p. 8] 8 p.m. free.THE INKY PARAKEET *Unfettered* *Chase Down Notes* Amy Lee, Lisa Loeb, Shonen Knife 8 p.m. free. The Inky Parakeet, Allston. \$15-\$20. 8 p.m. free.SWEET HOLLOW *It's All About You* 8 p.m. free. Sweet Hollow, Northampton. \$15-\$20. 8 p.m. free.WEDNESDAY *Light It Up* *White Drama* 8 p.m. free. John Cale and Blues Jam 7:30 p.m. free.elbowroom *Elbowroom* 8 p.m. free. Elbowroom [See Capsule, p. 8] 7:30 p.m. free.HOGES PLACE *Concerts* 8 p.m. free. The Hoges Place, Lancaster [See Capsule, p. 8] 8 p.m. free.PEASOSS PAPERIE *Lois Louise* *Tricia Wright* 7:30 p.m. free.WED. 21 *music*

sabotageburglar

OPEN AIRNETS *Karaoke Spree* 10 p.m. free.TWO WISEBIRDS *TAVERNA* LOUISE & STEVE [Solo] 7 p.m. free.wavydove *Evolution* PARKER PHILCO [Steve Nigro, 7 p.m. free.

outside vermont

PIBBETTE *Rockin' Michik* 10 p.m. free.WARM TWITCH *Jay Letage* [Lemond] 9:30 p.m. free.OLIVE BISCUITS *Be You Werle* 9 p.m. 10:30 p.m. free.

THU. 21

Burleighport

ARTIST/21 *Yannick Baribeau* Faculty 7:30 p.m. 10:30 p.m.CHUBBY B MAN *Early Suspect* 7 p.m. free. 10 p.m. free.CLUELESS VAGABOND *Advanced Session* Edie Goss & the Clueless Full with members of Brooklyn Atomics [See Capsule, p. 8] everything you need to know about running [See Capsule, p. 8] 8 p.m. \$20-\$25.THE CHALI PLAMER *Hot Pinkie* Party Josephine [Solo] free.CRIME *Blowout Review* Anna & Sessions 8 p.m. free.FINGERMAN *CURE* [Solo] 9 p.m. free.FUNKY D'S *Rockin' 50's* 9 p.m. free.GUITARLESS SPEAKERSHIP *Half Hard Comedy/Cover* [See Capsule, p. 8] 8 p.m. free. 10 p.m. free.HEYDUNDEE *Shameless* [See Capsule, p. 8] 8 p.m. free. 10:30 p.m. free.LIGHT CLUB LAMP *SHOP* Dwight Blodin [Solo] 8 p.m. free. Sheet Metal [See Capsule, p. 8] 8 p.m. free.MISTERIOUS *It's About Time* *Blindfold* [See Capsule, p. 8] 8 p.m. free.NIGHTS AT THE JAZZ *Concert* Edie Goss & the Clueless Full with members of Brooklyn Atomics [See Capsule, p. 8] 8 p.m. free.PEASOSS PAPERIE *LATIN Salsa* Jim Jones [Solo] 8 p.m. free. 9:30 p.m. free.REED SQUABBLE *BLUES JAM* 8 p.m. free. 10 p.m. free.REED SQUABBLE *BLUES JAM* 8 p.m. free. 10 p.m. free.VERMONT COMEDY CLUB *CLUB* *Part of the Party* [See Capsule, p. 8] 7 p.m. free.WEDNESDAY *Elbowroom* *Elbowroom* [See Capsule, p. 8] 7:30 p.m. free.chilltenden economy *Higher Ground* 8 p.m. free.HOGES PLACE *Concerts* 8 p.m. free. The Hoges Place, Lancaster [See Capsule, p. 8] 7:30 p.m. free.PEASOSS PAPERIE *Lois Louise* *Tricia Wright* 7:30 p.m. free.

In the Running *Sprinter* is the second album from Brooklyn's TORRES — aka Mackenzie Scott. The title is a nod to the young songwriter's time as a high school track athlete and frames the album's well, racing theme of running away from one's past. Torres writes with a wry, delicate touch that's deeply intense. Set the coaches the emotive punch of her lyrics in busy 1990s-inspired alt-rock that suggests that no matter how fast you run, your past is never far behind. Torres plays Signal Kitchen in Burlington on Saturday, January 23, with local singer and **TRUCK DANIEL**.

REVIEW

GIG TIP: FATE & SKILL

Sheet Metal [See Capsule, p. 8] 8 p.m. free.

PENITENT BIKER X

Faculty 7:30 p.m. free.

burke/mcspillier

FAGOTIS BAGEL & BURGERT

Capo, Worcester High School

Jazz & Wine 8 p.m. reservations

SWEEP MAGAZINE

Burke [See Capsule, p. 8] 8 p.m. free.

TICKETMASTER

Ticketmaster 7 p.m. free.

elbowroom

Higher Ground [See Capsule, p. 8] 7:30 p.m. free.

HOGES PLACE

The Hoges Place, Lancaster [See Capsule, p. 8] 8 p.m. free.

PEASOSS PAPERIE

Lois Louise [See Capsule, p. 8] 7:30 p.m. free.

REED SQUABBLE

Elbowroom [See Capsule, p. 8] 8 p.m. free.

VERMONT COMEDY CLUB

[See Capsule, p. 8] 7 p.m. free.

WEDNESDAY

Elbowroom [See Capsule, p. 8] 7:30 p.m. free.

chilltenden economy

BURR FIREHOUSE

Kennebunk 8 p.m. free.

burke/mcspillier

Faculty 7:30 p.m. free.

BURR FIREHOUSE

Kennebunk 8 p.m. free.

BURR FIREHOUSE

Kennebunk 8 p.m. free.

HOGES PLACE

The Hoges Place, Lancaster [See Capsule, p. 8] 8 p.m. free.

PEASOSS PAPERIE

Lois Louise [See Capsule, p. 8] 7:30 p.m. free.

REED SQUABBLE

Elbowroom [See Capsule, p. 8] 8 p.m. free.

VERMONT COMEDY CLUB

[See Capsule, p. 8] 7 p.m. free.

WEDNESDAY

Elbowroom [See Capsule, p. 8] 7:30 p.m. free.

chilltenden economy

HOGES PLACE

The Hoges Place, Lancaster [See Capsule, p. 8] 8 p.m. free.

PEASOSS PAPERIE

Lois Louise [See Capsule, p. 8] 7:30 p.m. free.

RADIX REBEL *Friday Morning*Song Along with *Music* [See Capsule, p. 8] 8 p.m. free.

The 40 Club [See Capsule, p. 8] 8 p.m. free.

Pigeon and Rose [See Capsule, p. 8] 8 p.m. free.

Tractor Night [See Capsule, p. 8] 8 p.m. free.

WEDNESDAY

JESUS CATHER TAYLOR *Friday Night* 7 p.m. free.JEWISH PLATE *Brunch* [See Capsule, p. 8] 10 a.m.-2 p.m. free.ON TAPE & GIGS *Concerts* *Bar Mitzvah* [See Capsule, p. 8] 8 p.m. free. free.ON TAPE & GIGS *Concerts* *Bar Mitzvah* [See Capsule, p. 8] 8 p.m. free. free.RADIX REBEL *Friday Night* [See Capsule, p. 8] 8 p.m. free.RADIX REBEL *Friday Night* [See Capsule, p. 8] 8 p.m. free.RADIX REBEL *Friday Night* [See Capsule, p. 8] 8 p.m. free.RADIX REBEL *Friday Night* [See Capsule, p. 8] 8 p.m. free.RADIX REBEL *Friday Night* [See Capsule, p. 8] 8 p.m. free.RADIX REBEL *Friday Night* [See Capsule, p. 8] 8 p.m. free.RADIX REBEL *Friday Night* [See Capsule, p. 8] 8 p.m. free.RADIX REBEL *Friday Night* [See Capsule, p. 8] 8 p.m. free.RADIX REBEL *Friday Night* [See Capsule, p. 8] 8 p.m. free.RADIX REBEL *Friday Night* [See Capsule, p. 8] 8 p.m. free.RADIX REBEL *Friday Night* [See Capsule, p. 8] 8 p.m. free.RADIX REBEL *Friday Night* [See Capsule, p. 8] 8 p.m. free.RADIX REBEL *Friday Night* [See Capsule, p. 8] 8 p.m. free.RADIX REBEL *Friday Night* [See Capsule, p. 8] 8 p.m. free.RADIX REBEL *Friday Night* [See Capsule, p. 8] 8 p.m. free.RADIX REBEL *Friday Night* [See Capsule, p. 8] 8 p.m. free.RADIX REBEL *Friday Night* [See Capsule, p. 8] 8 p.m. free.RADIX REBEL *Friday Night* [See Capsule, p. 8] 8 p.m. free.RADIX REBEL *Friday Night* [See Capsule, p. 8] 8 p.m. free.RADIX REBEL *Friday Night* [See Capsule, p. 8] 8 p.m. free.RADIX REBEL *Friday Night* [See Capsule, p. 8] 8 p.m. free.RADIX REBEL *Friday Night* [See Capsule, p. 8] 8 p.m. free.RADIX REBEL *Friday Night* [See Capsule, p. 8] 8 p.m. free.RADIX REBEL *Friday Night* [See Capsule, p. 8] 8 p.m. free.

REVIEW this

Drunk & In the Woods, Coals & Fire

PETER CANTRELL DIGITAL DOWNLOAD

Drunk & In the Woods are a Johnson-based sextet, led by front man and mandolinist Henry Clark. While Clark and his cohorts form the core of the band, no fewer than 18 musicians appear on the group's debut, *Coals & Fire*. Appearing in similar quantity are the myriad styles that make up the band's sound: a fusion of jazz, folk, soul, R&B and bluesy informed American Music. Much of that sounds like an "everything but the kitchen sink" recipe, as in: Parts of the papa's goulash soufflé, prime, while other spans warrant some pausing.

Clark & Co. open with the spacy, truturing instrumental "Blue Sky Kapow." Let you thank yourself for an accurate, guitar-ringed, the-mornin's good time, the tune suddenly shifts to late-night blues.

The electric guitar-fueled "C'mon, Let Me Hear Straight" introduces us to the talented lead female vocalist, while Henry Hiley. Unfortunately, the band seems to be padding the "very-folky" envelope a little too much. While Clark and Hiley's drooping-back-and-forth vocals are for



"Leave Indians," it feels too forced, too scripted.

The band quickly bottoms back with the clever, R&B-flavored number "Light Switch." When Clark and Hiley sing away some of the drama and allow vocalists to breathe, their interplay works. Here, and on tender tracks such as "Sheep Love," the harmonies are complementary rather than competitive. Hiley's voice mimics the feel of elegant smoke—tutting, nostalgic and seductive.

"I'm Right" is meant to be the chipper acoustic tune of the aging jazz club, but before "Moonshine" abruptly brings a dozen of Americans to the party stage, Clark and Hiley provide the requisite amount of twang. It feels like Clark is indulging a personal whiskey-grass daydream, but it's a seductive fire burner.



and vocals by Mark Baldwin, Jr. Joe Lemoore—balalaika guitar and bass and French horn—drums and maracas, and you have the backbone for this poetic storytelling.

The band is wise to begin with "The Distant," a track that exhibits Malley's capable vocals. When she enters a room into the track, Malley instantly adds another color. She also introduces a new character to the sound that extends through all the tracks that follow.

Although unassuming on the surface, "Such Here With My Thoughts in Trenton" demonstrates the hard-honed precision Aslai repeats the lyrics

More genre experimentation ensues with "Two States," which evens with with tambourine and upping the bass. "Learn the Way the World Turns Around" would be at home at a jazz, jazzman-scaled brunch.

The closer, "Breakin' Your Wine," opens with crackling glass and the sound of swording and passing wine. Clark buoyantly sings a partying, and the band plays along. Drunk and in the woods, indeed.

Drunk & In the Woods' enthusiasm for different genres is apparent on *Coal & Fire*, but many sounds vie for attention, with the result that the band can seem somewhat adrift; still, some of them are worth more exploration. With the right setting, Hiley's soulful vocals could launch her to queen status in the Vermont folk scene. As a bandmate, Clark's energy and vocal tact is abundant. If the can channelize appreciation for diverse genres into a more coherent sound, *Drunk & In the Woods* will rule the world.

Drunk & In the Woods' debut album, *Coals & Fire*, is available at drunkandinthewoods.bandcamp.com.

LEE CANTRELL

Iron Eyes Cody, Goodness All Good Saints Have Died

PETER CANTRELL DIGITAL DOWNLOAD

Attempting to convey personal stories through the eyes and actions of another can be a risky endeavor for a songwriter. Artists can risk transforming what should be a narrative driven by personal emotion and experiences into a glorified work of massaged fiction. This risk pays off for Sean Allis and the other members of Iron Eyes Cody. Across the six tracks of their debut album, *Goodness All Good Saints Have Died*, listeners are dropped into a variety of emotions that mix from New Jersey to Gibilterra to the beyond.

The seeds for Iron Eyes Cody were planted at Middlebury College in 2010, and grew over the next year into the six-piece form it takes today. Allis, who also plays guitar, provides words along with Sean Malley. Add Noah Sosa on keys and accordion, saxophone, harmonica

"Foolish Errors," they can't stand the heat / if the heat's not settling down," the band swells from a faint, distant harmonica to a full-force horn section playing off the singer's melodic.

"The Rover" again shows how Malley's vocals and imagery what may be the album's only downfall: that it doesn't contain a dozen more songs like "The Rover." Malley's singing style here is more akin to rock folk, the song wouldn't have sounded out of place on a First Aid 80s album.

With only six tracks, Goodness knows its place. Musicians can be tempted to throw every song in their catalog into a debut album. But the songs have been deliberately selected to work as a set, like a well-edited anthology. *Sigh*.

Closeness All Good Saints Have Died by Iron Eyes Cody can be downloaded at [Chase or streamed on Spotify. The band plays on Monday, January 25, at Nectarc in Burlington.](https://ironeyescody.com)

JEREMY JONTECH

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FRI. 22 / I AM SNOW ANGEL (SELECTED-POP)

Wintry Mix If ever a songwriter was built for a certain season...I AM SNOW ANGEL was made for winter. The songwriter's chilling take on electro-pop evokes both the beauty and the desolation of the coldest season with stately beats set against crystalline vocals that shimmer like the northern lights. Bundle up and catch IASA at Radio Bean in Burlington on Friday, January 23.

FRI. 22 / 10 PM

elbow/legume area

PHOTO'S PLACE (2nd fl.) 7pm Fri. Stories by photographers included. \$10. \$5

WILDEWOOD MOUNTAIN THEATRE (2nd fl.) 8pm Fri/Sat. "Reindeer Response" (by Fred Weller) \$10. Sat. "Santa's Little Helper" (by Karen Bertram) \$10. Sun. "Mountain Man" \$10. \$5

EXCHANGE INN (Homeplace Hall/soft rock) 9 pm. \$10.

used elbow/legume/leatherbury
SALE (2nd fl.) 10pm Fri. Various
flea market items (discounted) \$5-\$10. Free

middletown area

CITY LIMITS (City Limits Lounge Party with Top Hat Entertainment) 7pm/10, 9-10, 11-11:30, 12-12:30am

TWO BROTHERS TAVERN (JAZZ & STARS, part of Big Band Legend) 9pm. \$10. Free

stowe/middlebury area

CITY LIMITS (City Limits Lounge Party with Top Hat Entertainment) 7pm/10, 9-10, 11-11:30, 12-12:30am

KRIS KROSS (Kris Kross) 7pm Fri. \$10. Sat. \$12. Sun. \$10. \$5

RADIO 89.5 (Chester Peterson) 7pm Fri. Radio 89.5 (Troy Tress, Kristen Tracy, Phoenix Diamond) 10pm Sat. 10pm. Sun. \$10. \$5

LOVE ISLAND (Lamb Chops - Jordan Hayes and Elijah Ward) 8pm Sat. \$10. Sat. \$10. Sun. \$10. Free

MICHAEL'S (John Kelly from Jersey Girl) 7pm Fri. \$10. Sat. \$10. Sun. \$10. \$5

RADIO 89.5 (Troy Tress, Kristen Tracy, Phoenix Diamond) 10pm Sat. 10pm. Sun. \$10. \$5

RED ZONE (Matt Fossen) 4pm Fri. \$10. Sat. \$10. Sun. \$10. \$5

SKYLINE (Mike Riordan) 11pm Fri. \$10. Sat. \$10. Sun. \$10. \$5

KRIS KROSS (Kris Kross) 11pm Fri. \$10. Sat. \$10. Sun. \$10. \$5

SAT. 23

Burlington

BLUES BREATHES (Jazz Bob) Andino Menu
\$10. \$5

ILLUMINATIONS (Innovations) 8pm Fri-Sun
[10pm Fri/Sat] \$10. \$5

FRANZY 85 (Kevlar) 9 pm Fri

HALO DUNGEON (Shattered Face Circus) (and
presented by the W. T. C. Jazz Club) [no head. 10pm.
\$10]

JPS-PUR (Jazz with Niagara) 9pm Fri

JUPITER (Silver Budget) (presented by JPS-PUR)
9pm Fri

LOVE ISLAND (Lamb Chops - Jordan Hayes and Elijah Ward) 8pm Sat. \$10. Sat. \$10. Sun. \$10. Free

MICHAEL'S (John Kelly from Jersey Girl) 7pm Fri. \$10. Sat. \$10. Sun. \$10. \$5

RADIO 89.5 (Chester Peterson) 7pm Fri. Radio 89.5 (Troy Tress, Kristen Tracy, Phoenix Diamond) 10pm Sat. 10pm. Sun. \$10. \$5

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SKYLINE (Mike Riordan) 11pm Fri. \$10. Sat. \$10. Sun. \$10. \$5

KRIS KROSS (Kris Kross) 11pm Fri. \$10. Sat. \$10. Sun. \$10. \$5

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middlebury area

CITY LIMITS City Limits Dine & Party [with DJ Kest] 6pm-11pm, \$10-\$15 per person
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Voles & the Affiliates [with DJ] 8pm-10pm

northwest kingdom

HARVEST PUB [2nd Ave] No U Turn, The General, The
Reindeer [both] 5pm-8pm

outstate vermont

MENOPOLIS One Horseman's [Burlington] 8pm-10pm.
Hours: Tuesday-Saturday [with DJ] 10pm-11pm

SUN.24

burlington

THEATRE OF THE CYCLES [Burlington] Hippocampus Hour of
Music [longer designated], 7pm-10pm

THE BIRCHWOOD [Burlington] Mountain and Little Lake
Gardens 4pm-10pm, free

RECITERS: AN IRISH BURLESQUE Night with Box of Pop
and Jarras [1st floor] 7pm-11pm, \$15

THE BLUE NOTE/BURKE PUB [Burlington] 7pm-11pm, free

RADIO KAHAN [Twin City Place] 5pm-11pm
BIRK COUNTRY 4pm-11pm, free. Justin Moore Show [with DJ]
Hours: Mon-Fri 10am-10pm, Saturday 10am-11pm

THE GRUNGY PARADISE [Burlington] 7pm-11pm
Hours: Sunday 1pm-11pm

VERMONT COMEDY CLUB [Community Cultural Center]
General admission, 7pm-9pm, free

chittenden county

BAGGAGE PUB [Kingsgate Plaza] 8pm-11pm, free

SHAGGY GARDEN SHOWCASE LOUNGE [near Miller
Gas Station] [with DJ] 7pm-11pm, \$10-\$15, AA

FORTRESS BAR [Twin City Place] 4pm-11pm, free

barre/intervale

BUDDY'S BURGERS & BURRITO CAFE [Burlington-B-
Hildene] [near Intervale] 11am-10pm, free

CHARLIE-O'S WORLD FAMOUS [Sundays] 8pm-11pm
Kitchens, 7pm-11pm, free

SWEET HELLSKILLS [Kelly-Beth] [Sundays] 8pm-11pm,
free. Live: Headliners & Bottlenecks [Piano], free

MON.25

burlington

HALOGENE OF LAKELAND Family Night [open
period] 7pm-10pm, free

JP'S PUB [South End] Thursday Night with
DJ/Party 8pm-11pm, free

LIGHT GUARDIAN SHOP Lamp Shop Lit Club
[communicating] 7pm-11pm

PIPER-HEIDKAMP PEPPER & PINE [Kreher's] 8pm-11pm
RECITERS [open mic] 8pm-11pm, free

RADIO KAHAN [Burlington] 8pm-11pm, free
Lure Sessions [with DJ] 8pm-11pm, free

RUDI SQUARS [Riverton] [with DJ] 8pm-11pm, free

chittenden county

PICKIN' HOURS [Middlebury] Pickin' Hours [with DJ]
Hours: 5pm-8pm

barre/intervale

CHARLIE-O'S WORLD FAMOUS [Sundays] 8pm-11pm
Kitchens, 7pm-11pm, free

EXPRESS KITCHEN The Gold Wok/Spaghetti/Asian
fusion, 11pm-11pm, free

LA PUEBLA MEXICAN [Piano] [Sundays] 7pm-11pm, free

BERRY/MEETZER [Piano] [Sundays] 7pm-11pm, free

PIPER-HEIDKAMP [Kelly-Beth] [Sundays] 8pm-11pm, free

SHAGGY GARDEN SHOWCASE LOUNGE [Burlington] 8pm-11pm

SWEET HELLSKILLS [Kelly-Beth] [Sundays] 8pm-11pm

JAMES
FRI, FEB 26
7:30 PM
STOWE, VERMONT

A black and white photograph of James McMurtry, wearing a hat and jacket, standing in front of a building.

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SAT 23 / BRUCE HORNSBY & MARCH

MONDAY 12 NOV

elbow/brunel music system

HORNSBY PLACE Sat 23 November
[one-night engagement] 7 p.m. Free

north east Burlington

PHAT KATE TUESDAY Jay Had a
[one-night engagement] 8 p.m. Free

outfielder concert

ELBOW MONDAY 12 Nov with
Goliath Band 9 p.m. Free

TUE. 26

burlington

CLAY PERRINSON, Bent Set
[one-night engagement] 10 p.m.
\$20. 30+SHREK: Greek Comedy Open Mic,
10 p.m. Free

APR. 19TH Open Mic with Kyle H.

LIGHT CLUB/LAmp 1800,
Proctor's School 8 p.m. FreeTHE BIRDS OF A FEATHER
Friday 16th 8 p.m. FreeNECKTIE TUESDAY 18th
Cassadee Jones (SIXX: AM)
9 p.m. \$10. 18+BLIND PAIR 19th
The Cellar Burlington 8 p.m. FreeWATERWORKS FRI 20th → GENEVA
Tivoli Nightclub 7 p.m. FreeTHE BIRDS OF A FEATHER
Saturday 21st 8 p.m. FreeCHARLIE Q'S WORLD FAMOUS
Smashburger Kenner 10:30 p.m.
FreeSTREET MUSICIAN/Saturday 22nd
9 p.m. Free

elbow/brunel music system

HORNSBY PLACE Sat 23 November
[one-night engagement] 7 p.m. Free

anfielder concert

ELBOW MONDAY 12 Nov with
Goliath Band 9 p.m. Free

shelburne county

PHANTOM HOUSE, The Full
Court Press (post-rock) 9 p.m.
\$15. 21+

CAR LAMP & DRAMA, Tel Aviv

Blind, Tivoli, Free

WATERWORKS FRI 20th → GENEVA

Tivoli Nightclub 7 p.m. Free

THE BIRDS OF A FEATHER
Saturday 21st 8 p.m. Free

HALLOWEEN SPREAKERS GL

Lumberjack Lodge 10:30 p.m.
FreeJET'S CO. 21st Post Box with Stone
9 p.m. Free Karaoke with Holiday
10:30 p.m. Free

JUN 19TH Elbow/Yves Marceau

Desoto 10 p.m. Free

LIGHT CLUB/LAmp 1800, Proctor's

School 8 p.m. Free

KARAOKE FRI 22nd → GENEVA

Tivoli Nightclub 7 p.m. Free

MANHATTAN PIZZA 22nd

Open Mic with Lucy Lager 9

p.m. Free

NECKTIE TUESDAY 23rd

Phantom House (post-rock) 9

p.m. Free

THE BIRDS OF A FEATHER

Saturday 24th 8 p.m. Free

ON TAP FRI 23rd → GENEVA

Asia with DJ/cocktail 9 p.m. 21+

STREET MUSICIAN/Saturday 25th
9 p.m. Free

Nyro Worship

Late Nyro evenings are best known through renditions by the likes of Barbra Streisand, the Gipsy Kings, Stevie Wonder, and Peter, Paul & Mary, among others. Nyro, who died in 1997 and was posthumously inducted into the Rock and Roll Hall of Fame in 2012, never got the recognition she deserved while she was alive. But her influence on modern popular music was profound. Among her most ardent acolytes are Elton John, Sheryl Crowe, Joni Mitchell and Todd Rundgren. Also, three-time Grammy Award-winning jazz pianist PAT MILLS. On Saturday, January 25, at the Flynn Mainstage in Burlington, Childs presents a live renditions of his Grammy-winning 2004 album *Mayo-nie's Treasure Arpeggios*. Laura Nyro, a loving tribute to the singer-songwriter that the Village Voice says "manages to capture and even deepen the legacy of Laura Nyro's songwriting."

WED. 27

Burlington

THE DARK PLANET/20th

Gulfport [one-night] Lucy's Bar

10 p.m. Free

THE DARKY PARADES

[one-night engagement]

Tivoli Nightclub 7 p.m. Free

\$10 donation

VERMONT CLOTHO QUARTET

Shining Kingdom, Tivoli, Free

10 p.m.

JUN 19TH Elbow/Yves Marceau

Desoto 10 p.m. Free

LIGHT CLUB/LAmp 1800, Proctor's

School 8 p.m. Free

KARAOKE FRI 22nd → GENEVA

Tivoli Nightclub 7 p.m. Free

MANHATTAN PIZZA 22nd

Open Mic with Lucy Lager 9

p.m. Free

NECKTIE TUESDAY 23rd

Phantom House (post-rock) 9

p.m. Free

THE BIRDS OF A FEATHER

Saturday 24th 8 p.m. Free

ON TAP FRI 23rd → GENEVA

Asia with DJ/cocktail 9 p.m. 21+

STREET MUSICIAN/Saturday 25th
9 p.m. Free

MILTON JONES (post-rock/stoner)

10 p.m. Free

RED ORANGE, El Pintor (live music)

10 p.m. Free

THE DARKY PARADES

[one-night engagement]

Tivoli Nightclub 7 p.m. Free

\$10 donation

VERMONT CLOTHO QUARTET

Shining Kingdom, Tivoli, Free

10 p.m.

JUN 20TH Elbow/Yves Marceau

Desoto 10 p.m. Free

LIGHT CLUB/LAmp 1800, Proctor's

School 8 p.m. Free

KARAOKE FRI 22nd → GENEVA

Tivoli Nightclub 7 p.m. Free

MANHATTAN PIZZA 22nd

Open Mic with Lucy Lager 9

p.m. Free

NECKTIE TUESDAY 23rd

Phantom House (post-rock) 9

p.m. Free

THE BIRDS OF A FEATHER

Saturday 24th 8 p.m. Free

ON TAP FRI 23rd → GENEVA

Asia with DJ/cocktail 9 p.m. 21+

STREET MUSICIAN/Saturday 25th
9 p.m. Free

THE STONY RIVER [one] 10 p.m.

free

elbow/interglobe concert

HORNSBY PLACE Sat 23 November
[one-night engagement] 7 p.m. Free

PIRATA PIZZERIA & LOUNGE

Tivoli Nightclub 7 p.m. Free

\$10. 21+

MILTON JONES (post-rock/stoner)

10 p.m. Free

RED ORANGE, El Pintor (live music)

10 p.m. Free

THE DARKY PARADES

[one-night engagement]

Tivoli Nightclub 7 p.m. Free

\$10. 21+

VERMONT CLOTHO QUARTET

Shining Kingdom, Tivoli, Free

10 p.m.

JUN 20TH Elbow/Yves Marceau

Desoto 10 p.m. Free

LIGHT CLUB/LAmp 1800, Proctor's

School 8 p.m. Free

KARAOKE FRI 22nd → GENEVA

Tivoli Nightclub 7 p.m. Free

MANHATTAN PIZZA 22nd

Open Mic with Lucy Lager 9

p.m. Free

NECKTIE TUESDAY 23rd

Phantom House (post-rock) 9

p.m. Free

THE BIRDS OF A FEATHER

Saturday 24th 8 p.m. Free

ON TAP FRI 23rd → GENEVA

Asia with DJ/cocktail 9 p.m. 21+

STREET MUSICIAN/Saturday 25th
9 p.m. Free

SATURDAY

3/12, 8 PM

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Burlington, 840-0000

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Burlington, 840-0000

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Burlington, 840-0000

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Burlington, 840-0000

PAULINE'S, 100 Main St.,

Burlington, 840-0000

RED ELLIOTT, 100 Main St.,

Burlington, 840-0000

REED'S, 100 Main St.,

Burlington, 840-0000

ROCKY BOOGIE, 100 Main St.,

Burlington, 840-0000

RUBIN JAMES, 100 Main St.,

Burlington, 840-0000

SHAKESPEARE, 100 Main St.,

Burlington, 840-0000

THE VERMONT FARM

100 Main St., Burlington, 840-0000

THE WOODSHIRE, 100 Main St.,

Burlington, 840-0000

WHITE HORSE, 100 Main St.,

Burlington, 840-0000

WILSON'S, 100 Main St.,

Burlington, 840-0000

WINTERHOLD, 100 Main St.,

Burlington, 840-0000

Trunk Show

Joseph Salerno, Vermont Studio Center

BY AMY LILLY

Joseph Salerno's solo exhibit at the Vermont Studio Center in Johnson, "Dark Woods," consists of 100 small paintings of tree trunks. These 6 by 9-inch works are arranged in a line around the room, in the order Salerno painted them during the 18-month project. Some depict trees or in rare cases, four trunks, but most have one or two, positioned front and center like pillars on dark backgrounds.

Something about the wrylying, repainted and muted colors of "Dark Woods" — combined with, it must be said, the artist's Italian name — immediately compared for this reviewer the work of Giorgio Morandi, who painted bottles and other vessels in carefully arranged groupings his entire career.

As it turns out, that association is not unaccustomed. Salerno, who recently cast with Seven Days at his exhibit in Gallery 13, volunteered that Morandi was a central influence. "I think I am coming to my roots," declared the Ohio native, whose grandparents all emigrated from Italy to work in the steel industry.

What Salerno called "that innocent quietness and organizational structure" in Morandi's works are features of his own. While the painter from Bologna remained

provided the artist with what he called "a never ending supply of paintings" (The 100 on view are selected from among a far greater number) sometimes he would relate obsessively to the same tree or group of trees and have to force himself to move on "after about five days," Salerno said.

These works capture not nature per se but a kind of abstraction a presence seen from a distance; certain trees appear to be grounded in, perhaps, a pale green ground cover or raised earth of leaves, but up-close there is no such particularity. The trunks very finely vaguely shadowed to completely flat; some bisect the painting like stripes. In these, often, the bar of darkness between two trunks appears to emerge as a third column, a negative-space presence in itself. It is rare to see a show that so fluidly balances abstraction and figurative, falling into neither category unequivocally.

Salerno had a breakthrough when he took up a knife instead of the sharp end of his brush handle, he said. With this instrument he marked suggestions of ring-like brackets that extend like short arms from the trunks. At this point, he said, he realized he was painting crucifixes and also pores. He had experienced many of both in churches over the two summers he spent in Florence during his graduate studies at Indiana University in the mid-1980s.

Another influence soon drawn on him: 16th-century Florentine fresco painter Bassano Pontormo's "Descent from the Cross," a detail of which hangs in his home. "I think I've been trying to make that painting for 30 years," Salerno said with a smile.

If quietness results from contemplating Morandi's bottles, Salerno's woods invoke disquiet. Apart from the initial 12 paintings — cameras that were framed for inclusion in a recent show at Vermont Moto Gallery in Burlington — the works were done on prepared paper and pinned directly to the wall. That distance seems to heighten the impenetrable depth of the paintings' backgrounds. In one, the darkness between two tree trunks on a definite mass, encroaching on the trees' bases is pooling black paint.

Because of their chronological arrangement, the paintings seem to propose



a narrative of process and vision. (Salerno prefers the word "conversations.") Indeed, there is a great difference between the initial paintings — somewhat traditional landscapes whose trunks cast black shadows as snow — and the last, a bar of trees growing without much to indicate season or with a smile.

But there is hardly a march toward abstraction. Perhaps the least objective rendering comes shortly after the wall-facing wall, about a third of the way through the sequence. With their gridded appearance and inscrutable darkness, these soon set that for from a Rothko. Others that follow are finely evocative of dense forest and bare branches that never see the sun.

Salerno, who works en plein — his last series was a study of clouds over mountains — said of the "Dark Woods" series, "This group just took over. I thought there was something magic in [them]. For the viewer, these paintings may well have the same effect." □

Contact: lilly@juno.com

INFO

Joseph Salerno, "Dark Woods," at Gallery 13, Vermont Studio Center in Johnson. Through January 13. Reception Thursday, January 21, 6-8 p.m. josephsalernostudio.com

CHITTENDEN COUNTY

THREE IN A PHOTEST. An exhibition featuring the three most distinctive facets of American architectural design. Featuring works from Chittenden Art Museum's Photo Collection, the show is open until February 26. 10 a.m.-4 p.m. Monday-Friday. \$5. Chittenden Art Museum, 100 University Street, Burlington.

CHARLES STRATTON. A new and richly rewarding trip through the art and life of one of the most famous figures of late 19th-century Photography. Through January 30. 10 a.m.-4 p.m. Tuesday-Saturday. \$5. Chittenden Art Museum, 100 University Street, Burlington.

LAWRENCE DAVIDSON. "The Nature of Design," works in watercolor, charcoal, pencil and ink by the Vermont artist. Through February 25. 10 a.m.-4 p.m. Shelburne Museum.

MATTHEW BURTT. Twenty-five years of his work and thoughts on the nature of art and the role of the artist. Through February 25. 10 a.m.-4 p.m. Tuesday-Friday. \$5. Burtt, 100 University Street, Burlington.

PASSAGERS. A unique collection featuring work by Connor Davies, Julian Johnson, Kristen Kline, Jennifer Laskowitz, Brian Petheny, Steven Riddle, David Riddle, Longwood, David Martin, Jason Winkler, Virginia, Ian Herzer, and Michael Wurster. Through January 28. 10 a.m.-4 p.m. Flynn Theatre, Flynn Center for the Performing Arts, 100 University Street, Burlington.

SARITA & NOLAN. A joint exhibition of painterly master prints produced from the artist's original photographs. Through January 31. 10 a.m.-4 p.m. Shatto Gallery, 100 University Street, Burlington.

SHIRLEY & MARY. A joint exhibition of painterly master prints produced from the artist's original photographs. Through January 31. 10 a.m.-4 p.m. Shatto Gallery, 100 University Street, Burlington.

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ANNIE TASSIOPoulos. Photographs by the local artist taken in the mid-1980s, some 10 years ago. Through March 25. 10 a.m.-4 p.m. Art Department, Vermont Technical College, 100 University Street, Burlington.

CHARLES PETRAS. "Like Williamsburg: A Photographic Journey to a Victorian Country Store." Through July 1. 10 a.m.-4 p.m. Vermont History Museum, 100 University Street, Burlington.

DR. MARTIN LUTHER KING, JR. A portrait of the civil rights leader. Through January 25. 10 a.m.-4 p.m. University of Vermont, 100 University Street, Burlington.

DR. MARTIN LUTHER KING, JR. A portrait of the civil rights leader. Through January 25. 10 a.m.-4 p.m. University of Vermont, 100 University Street, Burlington.

Athena Petra Tasiopoulos. Working primarily with vintage found photos, the Ithaca-based collage artist gives new life to the photograph. "By reenvisioning the past,"

Tasiopoulos says, "I aim to disrupt my subjects from an anticipated identity, allowing them to transgress the constraints of time and place." These new entities are distinctly Tasiopoulosian: fragmented and long-lasting repertoires of geometries. They are dainty and exuberant, not necessarily cheerful but curiously compelling. A selection of the artist's work is currently on view in the solo show "Reposed," at Studio Photo Annex in Burlington. Through February 26. Pictured: "Let Go — Hold On."

THREE TO MOVE. Instruction and inspiration for photographers who want to move beyond conventional modes and subjects created by their fellow tradespeople. Through March 21. Info: 802-375-1000. Vermont's Gallery in Montpelier.

JAMES R. BAKER. Native Expressions, an exhibition of 200 photographs by Jim Baker, a noted, urban, narrative writer whose compositions draw inspiration and motivation. Through March 26. Info: 802-632-1437. Jaynes' Art & Books, Montpelier.

KAREN GRIFFIN. "A Day in the Life," a series of portraits of people in their work or leisure, taken by an artist whose interests lie in portraiture. Through March 27. Info: 802-860-1144. Vermont Supreme Court Gallery, Montpelier.

GI MESSY STORIES. "Dystopian" illustrations by the artist of novelist Philip K. Dick. Through February 19. 6-7 p.m. Through February 27. Info: 802-860-1144. Vermont Supreme Court Gallery, 100 University Street, Montpelier.

FRANK HOGAN. "A Different Reality," a series of abstract artworks by the artist, which are based on his own personal experiences with the Internet and other media. Through January 31. Info: 802-860-1144. UVM's Putney Library, Montpelier.

PROVIDENCE VERMONT ART ASSOCIATION. Works by invited area artists. Through March 11. Info: 802-860-1144. 100 University Street, Montpelier.

ADMIRALTY INSTITUTE. "Admiralty Institute: Artworks from the New Collection." Through February 27. Info: 802-860-1144. Vermont Supreme Court, Montpelier.

ROBERT DEVEREUX. "2006: The Year's Topper," high-contrast black-and-white portraits of the year's most recognizable figures, ranging from icons of finance. Through March 23. Info: 802-860-1144. Vermont Death & Design.

CRAIG HODGSON. "Faded Realities," a series of large-scale, monochrome photographs. Through January 31. Info: 802-860-1144. Green Mountain Radio Station, Montpelier.

SHIRLEY THOMPSON. "Your Home Environment Is Colorful," highly decorative, colorful, colorful compositions of the natural world. Through February 18. Info: 802-860-1144. UVM's Putney Library, Montpelier.

BY ERIN SCHAFFNER. PHOTOS BY SHAWN D. SPENCER

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Free event! Tickets are limited and available to the general public beginning Friday, January 22 at the following locations:

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VISUAL ART IN SEVEN DAYS:
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RACHEL ELIZABETH JONES (ARTISTS ARE RESTRICTED
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Dan Higgins in 1994 — when Santa Ana de los Ríos was mayor of Barahona — the Queen City announced its official twin-city partnership with Puerto Cobos, Nicaragua. This was an act of rebellion at the time, when many progressive Barahona residents were vocal against Ríos's suppression of the country's students. government. Over the past 30 years, photographer and University of Vermont art professor Dan Higgins has visited Puerto Cobos multiple times, creating in low-light photographs, accompanied by poems, recipes and even QR codes, art now on view at Barahona's Flyendog gallery, giving residents a chance to get acquainted, or reacquainted, with this Central American community. Higgins claims that his images "have been a way of getting to know the region, meeting people in everyday locations where they gather... [particularly] musicians, artists and poets whose works provide valuable insights into some of places." An art show is Friday, January 22, 6:30 to 8 p.m. Through February 26. *Pittendrath/Romero/Pedro Harvey, Flyendog*

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movies

REVIEWS

Room ★★★★☆

THERE'S no getting around it, *Room*'s distinctive twist is a welcome, and the unforgettable fact that its second half is every bit as engrossing as the first. There's no choice but to state that there will be spoilers. That's the only way to do this remarkable film justice. To proceed otherwise would be as pointless as reviewing love and not mentioning a heart.

Based on Emma Donoghue's 2010 novel and brilliantly adapted by the author, the movie starts in the story of a mother and 5-year-old son struggling to cope with the nightmare of captivity. Ma (Nicole Kidman) has been a captor for seven years. She's played with outstanding depth and fluidity here by Laura, whose performance earned a Best Actress Oscar nomination.

Jacques Tardi's book is what it is when the most it was made; a small master, with incidents that make his look like the year's most overbearingly severe entertainment. In the film's first half, we switch at mother and child as they go through the pangs of typical days—but anything that Ma's roads to Jack,况况 with Ma's accounting him to draw and write stories and enders her remarkable with the notion that she did by kidnapping in which they're trapped by the most world. Shining never stopped audience. He has no reason to suspect otherwise.

"Hello, Lamp. Hello, milk. Hello, snow," Jack cheerfully begins each day reciting the objects that are locked in with him as best friends. His mother single-mindedly shields him from the truth. By nurturing an illusion of invincibility, increasing the power of their imagination to transform their prison into an idyllic imagined kingdom. On the night when Ma's rapist known only as Old Nick (John Bradley), visits to rape her, she should Jack by hiding him in a small wardrobe. Lowkey Roosa is based on real events. Donoghue based her story on the 2008 case of an American woman named Elizabeth Smart.

In the picture's second half, we switch to mother and child struggle to cope with the shock of freedom. If anything that is the more intricate and rewarding of the two acts. Ma has done her best. Young Abigail (Brie Larson) can't bring herself to an knowledge her son, have her another (Jacob Lofland) hang back and give Jack the space to approach her on his own. Then there's Ma's kindly Larson is as good a girl you can practically see the storm clouds gather behind her eyes. Donoghue's screenplay causes faces take note to the charms mother and son's contrasting reactions to life outside *Room*. Which is why it, too, is up for an Academy Award.



MAKING IT BIG: Larson as a young girl trying to live her life a normal human life despite her most challenging conditions imaginable.

Carol ★★★★☆

It's odd and ordinary as the book, even in fiction, yet we some time applied as I had seen a vision." That is how Patricia Highsmith described the 1949 novella that inspired her prize-winning *Lesbian Novel of the Year* (1952). The novelist Ohio would soon become famous for *Strangers on a Train*, was doing seasonal work in a department store, the "woman" was a female customer who "was blonde and seemed to give off light."

The two would never actually meet again. But director Todd Haynes has brought that fateful "vision" to completion in *Carol*, an adaptation of Highsmith's 1952 novel. When affairs of heart with Carol (Rooney Mara) threaten the orbit of a once-stylish Thelma (Cate Blanchett), she is forced into action.

More than a narrative, the film is a study in visual memory—the "seeing," visual emanation of love at first sight. Haynes has always loved the glass and glamour of Douglas Sirk's midcentury melodramas (*From Here to Eternity*) and the domestic space they isolate. He's aware that there's a risk with a reported plot that after all of that, he'll still end up through cliché. (After all, *Carrie* is a classic.)

But *Carol* is a tale as plain as the red wood of 1952: three free-spirited view the two women's attraction with empathy. When they meet, Carol is already struggling to divorce her possessive husband (Oscar



ELIZABETH STROW/PICTURES/CHRISTMAS VISIONS

game of golfballs. When Carol calls Thelma "Sting out of space, she's not talking—there's something otherworldly about those three: world's enders, underscored by Carol's surreal mood music.

But *Carol* is a tale as plain as the red wood of 1952: three free-spirited view the two women's attraction with empathy. When they meet, Carol is already struggling to divorce her possessive husband (Oscar

He doesn't seem a dolt in the sense of Ma bringing Jack to her childhood home to repossess. We might just negotiate more for the first time we witness how Ma's father (William H. Macy) can't bring himself to acknowledge her son, have her another (Jacob Lofland) hang back and give Jack the space to approach her on his own. Then there's Ma's kindly Larson is as good a girl you can practically see the storm clouds gather behind her eyes. Donoghue's screenplay causes faces take note to the charms mother and son's contrasting reactions to life outside *Room*. Which is why it, too, is up for an Academy Award.

RICK KISCHAK

feel like so much than background noise to the two women's intense connection. While Blanchett is impeccably poised and phantom at every shot—a sort close to the point of caricature—Mara plays Therese as half-formed, awkward and unsure, still finding herself as an artist and a person. It's a memorable performance, though not the kind that tends to garnish awards.

The scrapping by Phyllis Nagy ends Therese's backstory, as well as resonance between the lovers that might have dashed out their relationship, in favor of long silence that reinforces the guitar bittersweet mood. Viewers may get the sense that they're witnessing the whole story through the eyes of the infatuated Therese, even when she isn't present. To the very last shot, Carol never gives her lover—or her perfectly applied lipstick.

Otherwise, *Vivian* like the one Highsmith saw rarely survives the later stages of a relationship, when flaws and foibles start to appear as the sweetest light of day. *Carol* never brings us to that point. But it does remind us that, need fiery gay romance as *Carol* was like tended to colorfully when they happened at all? It's a small price to pay if we can't judge this one out. *Carrie* was a tragedy in a story about two people in love.

MICHAEL HARRISON

fun stuff



EDIE EVERETTE



ULLIBEATBALL



RACHEL LINDSAY



JEN SØRENSEN

BEHIND THE SCENES AT THE TRUMP GIRL GROUP TRYOUTS



HARRY BLISS



"This is a cover of a song that was perfect in its original form,
apologies in advance."

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New year's resolutions? More like revolutions.



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fun stuff

FRAN KRAUSE

DEEP DARK FEARS



EVER NIGHT, HIS OLDER SISTER TOLD ME A STORY:



MY WHOLE LIFE HAS JUST A HALLUCINATION.



BY FRAN KRAUSE

I WAS ACTUALLY JUST A BRAIN IN A JAR,



AND SHE WAS A SCIENTIST WHO FELT SORRY FOR ME AND SENT ME MESSAGES.

Have a deep dark fear of your own? Submit it to cartoonist Fran Krause at deepdarkfears.tumblr.com and you may see your creation illustrated in these pages.

KAZ



RED MEAT

BY KURT WIEBERG, DRAWN BY

FROM THE CARTOONS OF
MAX CARRON

DATA: You have been invited to speak at the annual Consumer Safety

CONFERENCE. PLEASE JOIN US FOR A LIVELY DISCUSSION

ABOUT THE INFLUENTIAL, DANGEROUS, AND OBSCURE

Mr. DeMolay: I'm sorry, but

you can't come to our conference

unless you're a member of the Knights

Mr. DeMolay: I'm sorry, but

you can't come to our conference

unless you're a member of the Knights

Mr. DeMolay: I'm sorry, but

you can't come to our conference

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THIS MODERN WORLD

BY TOM TOMORROW

DATA: I'M GOING TO THE

MEETING OF THE

ANTI-WARISTS. MAN

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Aquarius

[Jan. 20–Feb. 18]

The birds know we should believe you're not a fool. You're not a fool. You're not a fool. As you fly on your path, you'll find that there's a lot of them eggs. When you're ready to hatch, it's time to hatch. It's time to hatch. And when you're ready to fly, it's time to fly. Right now, I have a recommendation: Listen to the birds and do what you do.

Aquarius: As soon as you hatch your new plans or projects—when you're long now—you'll need to open up a whole new strength! If that there won't be three stars or ruler mistakes, then will you need constantly increase? Use the natural builders' positive attitude on every launch.

Kelowna and Pacific Ocean. It's not hard to get there. You can hop a flight in the sunny city of San Jose, and it'll take 2020 16x high-five hours later. This is a great model for your next assignment. Head off on a leisurely jaunt to a place that either you went to, or you can easily go to, at the 2020 end. It's time to travel, so the 2020 will slip away to a faraway corner where you'll be inspired to think big thoughts about your long-range prospects. You need a break from everything that's obvious or mundane, you

have observed the world. Let's try to control a sunset, I'm convinced. "I would if I could," he said. He'd like to control things, he says. "It's just fully to appreciate an individual in the scene, who's experiencing something." Your mission, Earth, is to try to help others approach your emotional well-being will thrive as you venture into those big thoughts about your long-range prospects. You need a break from everything that's obvious or mundane, you

Stamp—any fundamental alteration in your relationship to basic needs, exercise, sleep, perception, laughter, love, training—the next few weeks will be a favorite time to do it.

SAGITTARIUS

[Nov. 22-Dec. 21] You Sagittarians are often passed over as something enhanced for having such concentrations of generosity. Most of us value your fine sense of adventure, adventure even though we may feel when you unleash it. You inspire us and also amaze us because as you respond to changing circumstances with unswerving flexibility. I expect all these losses to hit the top in the coming weeks. You can at a place of your cycle when your interpretations, judgments, etc., are in the spotlight. I for one, promise to keep it from the interesting situation that result from your flights of imagination.

CAPRICORN

[Dec. 22-Jan. 19] Capricorn master builder Ptolemy Luther King Jr. was arrested and sent to jail on 23 different occasions. His crime? Challenging imperialism from his Christian faith, he engaged movement and coalition to ensure basic civil rights for African Americans. He believed so firmly in his righteous cause that he was willing to sacrifice his personal comfort, safety and again. The coming months will be a favorable time to devote yourself to a compassionate just Capricorn. And here's a good time to review your commitment. I leave you to take in some

PISCES [Feb. 19-March 20] You are not purely bad and largely a person beneath through the sun in this zodiacal sign when you were born at least some of the other planets were in different segments. This fact is a good reminder that everything everywhere is a complex web of subtlety and nuance. It's unlikely to find a clear-cut answer to anything, but that's OK. I mean, I'm not suggesting that you should let go of your desire to find clarity, but when you're looking for answers, don't let your desire to find clarity become your desire to find clarity.

SCORPIO

[Oct. 23-Nov. 22] I was a real mischievous for years, which meant that I could want to do whatever I wanted to do. That's not always a good idea, but it's a good idea to do it. That's how I got into my current predicament. I'm keeping those lessons in mind, but I'm learning to be more careful when everyone else was asking. But two months ago, I began an experiment to transform my entire home. I made with the desire I spent the entire day calculating with the scope of all life on Earth the sun. If you have been contemplating a comparable shift in your instantaneous life

GEMINI [May 21-June 20] A Rembrandt painting on a major movie (typically) should no more than four pages of the script per day. A director for a TV show may shoot eight pages. But I suspect that the story of your life in the next future may stretch through the equivalent of 20 pages of script every 24 hours. The next chapter is especially orders packed. The plot twists and mixed settings will be running at a rapid clip. The viewer's heart has to be prepared as long as you are prepared for high adventure. How? Take good care of your basic physical and emotional needs so you'll be in top shape to enjoy the bountiful ride.

CANCER [June 21-July 20] The city of Hobart will never lose its wet weather syndrome. Committing an uncharitable act, she'll continue, give the experience five stars. "It's a great change of pace than measure, but that's the idea." Another uncharitable? It's uncharitable behavior from the natural overlords that this can present. According to a third, "There is a slight smile, but it's an everywhere smile." The next growth you might like to take is Peta's famous underwater assessment and basic water supply. I am going to do this because now it is a favorable time for you to take a break from swimming, study pleasure and unwind on a tour of your physical superhuman results. Please! It's not what friends mean to most fan of you to have to leave and travel east. Don't want to be witness with repeat predators, but cabin generate several people with whom you share high ideals and strong intentions.

TAURUS [April 20-May 20] You are a determined soul if you stand in the element of Centra Park. Please know you can see both the

LEO [July 23-Aug. 22] "When I look at a person, I don't say 'Before' or 'Change,' a little on the right, here, another and out a little, people in the cloud color." Pioneering psychiatrist Carl Rogers was describing the way he sees people in his therapy sessions. What strategies do you have to move forward with the wrong broken secret still in your life? Take an inventory

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